

Rivers
Home
hardware
building
centre

Come see
Melissa Klassen
for all your
Cabinet and Flooring
needs!

565 - 2nd Ave, Rivers, MB R0K 1X0
T 204-328-7570 • C 204-730-0490 • F 204-328-5339
melissaklassen@rivershomehardware.ca
Store #5163-7

Order Online:
brownsugarproduce.com

Brown Sugar
PRODUCE



Pick Up in Rivers: Wednesdays 5 - 6:30
in Brandon: Thursdays 4 - 6



Get Noticed

Place your ad here!
(discounts apply for multiple insertions.)

RIVERS BANNER

204-328-7494
info@riversbanner.com
www.riversbanner.com

RIVERS BANNER

Local People. Local Stories.

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

Rivers and District Chamber of Commerce 2nd Annual Free Barbecue



PHOTO BY CAROLYN PHILLIPS

The Rivers community enjoyed some wonderful time visiting with family and friends at the community BBQ.

By Carolyn Phillips
RIVERS BANNER

This past weekend, the Rivers and District Chamber of Commerce hosted its second annual free barbecue in the parking lot of the Rivers Legion. Despite a slightly overcast sky and a cool breeze, the event turned out to be a fantastic opportunity for community members to come together, share a meal, and celebrate the importance of supporting local businesses.

The barbecue serves as more than just a delightful culinary experience; it's a gesture of gratitude from local businesses to the community they serve. The Chamber of Commerce recognized that fostering relationships between businesses and residents is vital to the prosperity and vibrancy of Rivers. By organizing this event, they highlighted the role of local enterprises in enhancing the community's quality of life.

As hungry patrons lined up for their bite-sized treats, the atmosphere was filled with laughter, conversations, and the enticing aroma of grilled hot dogs. Participants were served a traditional meal of hot dogs, chips, and drinks—all free of charge! The Chamber did accept donations, which were graciously directed

toward the Riverdale Early Learning Facility, a testament to the community's spirit of giving back.

The event showcased the generosity of various local organizations and individuals who came together to make it happen. The Rivers Legion provided tables and chairs, ensuring a comfortable space for people to enjoy their meals. Westoba Credit Union contributed by loaning their market tent, which not only provided shelter from the elements but also added a festive flair to the gathering.

Dedicated group

Moreover, a dedicated group of volunteers selflessly donated their time and culinary skills to cook the hot dogs, demonstrating the strength of community spirit in Rivers. Their hard work and enthusiasm did not go unnoticed, and many attendees expressed gratitude for their contributions.

The turnout was impressive, proving that even on a breezy day, the smell of sizzling hot dogs can draw a crowd. Community members of all ages participated, creating an environment of inclusivity and camaraderie. Families, friends, and neighbours took the opportunity to reconnect and build relationships, enhancing the sense of belonging that makes Rivers such a

special place to live.

The members of the Rivers and District Chamber of Commerce, who organized the barbecue, expressed their commitment to serving the community and supporting local initiatives. They understand that thriving local businesses are integral to the well-being of Rivers, and events like this foster a strong, interconnected community.

Resounding success

As attendees departed with full bellies and cheerful smiles, it was clear that the event was a resounding success. The feedback from the crowd was overwhelmingly positive, with many expressing excitement about next year's barbecue. Whether it's through events like this or ongoing services in their various business endeavours, the Chamber of Commerce members look forward to continuing to serve the community and making Rivers a better place for all.

Ultimately, the free barbecue was more than just a meal; it was a celebration of community unity, local business involvement, and a shared commitment to supporting one another. The success of this event reinforces the message that, together, we can create a vibrant and supportive community where everyone thrives.

Inside...



**FIREFIGHTER
TRAINING IS
IMPORTANT**

P6



**LEGION
WEEK**

P2

Celebrating National Legion Week

By Carolyn Phillips
RIVERS BANNER

From September 21 to 27, communities across Canada come together to celebrate National Legion Week. This special week serves as an opportunity for individuals and families to learn about the impactful work done by their local Legion Branches while emphasizing the critical role these organizations play in supporting veterans and enhancing community well-being. At the Rivers Legion, we have an exciting lineup of events planned to kick off the celebrations.

The week begins on a lively note with Sunday afternoon bingo. This communal game not only offers a chance for fun and social interaction but also serves as a fundraiser to support various Legion initiatives.

As the week progresses, our members are invited to gather for a delicious buffet-style supper on Friday from 5:30 to 6:30 PM. Enjoy a hearty meal prepared with love by volunteers who take pride in serving the community. The supper is more than just a meal; it's an opportunity to sit down and share stories with fellow veterans and residents, fostering a sense of community spirit.

Additionally, Saturday at noon features an engaging cribbage tournament. This classic card game combines strategy with sociability, making it the perfect event to bring people together in friendly competition. Participants will have the chance to display their skills while mingling with other Legion members and community members.

One of the highlights of

this year's Legion Week is a chance to visit the memorial room, conveniently located just to the left of the clubroom. This space is a tribute to those who have served and sacrificed for our country. It contains memorabilia and displays that tell the stories of local heroes, recognizing their dedication and bravery. We encourage everyone to take a moment to visit and reflect on the sacrifices that our veterans have made.

170th anniversary

This year holds special significance as it marks the 170th anniversary of the Canadian Army. The roots of the Army can be traced back to the colonial militias established in New France and British North America, which played a crucial role in supporting military actions throughout early Canadian history. The



The Royal Canadian Legion #75 in Rivers Manitoba.

SUBMITTED PHOTO

evolution of Canada's military system through the Militia Acts of 1846 and 1855 transformed these community-based militias into the modern Army units we recognize today.

Battle of Britain 85th anniversary

Furthermore, we commemorate the 85th anniversary of the Battle of Britain, a pivotal chapter in World War II history.

This successful defense against aerial assaults by the German air force played an essential role in safeguarding freedom and democracy. Recognizing these anniversaries during Legion Week not only honors the courage of our Armed Forces but also highlights the ongoing commitment of Legion members to uphold their legacy.

Join us at the Rivers

Legion during National Legion Week to celebrate, connect, and honour our veterans and community. Together, we can continue the vital mission of support, remembrance, and service that define the Legion's spirit. Your participation enriches this shared commitment to ensure that the contributions of those who served are never forgotten. We hope to see you there!

CARROT CAKE

This carrot cake recipe with a homemade cream cheese frosting is my favorite, and I have tried many carrot cakes! It's moist, easy to make with grated carrots, and so delicious!

Ingredients

Cake:

- 2 cups white sugar
- 1-1/4 cups vegetable oil
- 4 large eggs
- 2 tsp vanilla extract
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup chopped pecans (Optional)

Frosting:

- 1/2 cup butter, softened
- 4 cups confectioners' sugar
- 1 cup chopped pecans (Optional)

Directions

1. Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch pan.
2. Beat sugar, oil, eggs, and 2 teaspoons vanilla together in a large bowl with an electric mixer until well combined.
3. Mix in flour, baking soda, baking powder, cinnamon, and salt. Stir in carrots, then fold in pecans.
4. Pour into the prepared pan.
5. Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 40 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely.
6. To make the frosting: Beat butter, cream cheese, confectioners' sugar, and 1 teaspoon vanilla together in a large bowl with an electric mixer until smooth and creamy.
7. Stir in chopped pecans.
8. Frost the cooled cake. Serve and enjoy!



- 2 tsp baking soda
- 2 tsp ground cinnamon
- 3 cups grated carrots

- 8 oz cream cheese, softened
- 1 tsp vanilla extract



HOW DOES YOUR INSULATION MEASURE UP?

Qualify. Insulate. Get a rebate.

Fall is a great time to add insulation to your attic, walls, and foundation to improve your home's comfort and help you reduce energy costs.

Learn more at efficiencyMB.ca/HomeInsulation.

Approval is required before you start your project. Work with a registered contractor or retailer to qualify.



SAVE TODAY.
SAVE TOMORROW.



FAITHFULLY
YOURS

NEIL STROHSCHN

Valuable lessons



One question, asked 30 years ago, radically changed my life. I was sitting in my doctor's office. For the previous four months, I had felt mentally and emotionally drained; no energy, no motivation, just going through the motions at work. Stress was taking its toll. I believed I was headed for my second breakdown in five years; and I didn't want that.

So I booked an appointment with my doctor. I told her receptionist that I thought I might be depressed and might need some medication to counteract it. Now, I was sitting in a consultation room, wondering what advice, if any, I would receive.

I heard a knock on the door, it opened, my doctor stood in the doorway, looked at me and said: "Mr. Strohschein, are you depressed?" I said: "Yes, I am." She entered the room, closed the door, sat down at her desk and said: "Okay. Let's talk about it." We did and thus began several weeks of medication and counseling sessions that helped restore my emotional equilibrium and find ways to balance work and family demands.

I have battled various forms of depression since I was 12 years old. It has never been so severe that I thought of ending my life. But there have been several times when I have felt like walking away from everything I was doing and every relationship I was in, moving to a far country where no one would think to look for me and trying to

get a fresh start there. But I didn't—because I knew that I could never run away from myself; and that if I wanted to find the healing I needed, I first had to let God heal me.

My journey through these emotional challenges has taught me many valuable lessons.

Lesson One—listen to the messages your body sends you. It will tell you if you are too tired, if you need to slow down, and if you need to give up give some activities in order to have more time and energy for those that remain. By listening to those messages when they first appear, you may save yourself from a major nervous breakdown that will leave permanent scars in your life and the lives of those you love.

Lesson Two—good mental health is built on the foundation of good physical health. I owe a huge debt of gratitude to the doctors who have cared for me when I have been ill. They have not always told me what I wanted to hear. But they taught me the importance of good self-care; and I will always be grateful for their guidance.

Lesson Three—there is no shame in seeking help from qualified counselors. They are trained to help us navigate the complex world of mental and emotional illness. They are skilled in identifying problems and proposing solutions. Don't expect them to have some magic words that will automatically fix you and your problems. You have to do the work. But they will walk the path of healing with you and make sure that you do not stumble along the way. If you need their help, ask for it. Help is available.

Lesson Four—cling to your faith. It will see you through. God will not abandon you. He will not leave you to heal alone. He will be ready to help the moment you call on him; and he will give you the hope, send you the help and give you the healing you need; often in unexpected ways and from unexpected sources.

Riverdale Council Recap - September 2, 2025

By Laura Gill
ASSISTANT ADMINISTRATIVE OFFICER

Riverdale Municipality Council met on August 19, 2025, with Mayor Heather Lamb calling the meeting to order at 6:00 p.m.

Public Hearing – Variation Order

Council recessed briefly to hold a public hearing regarding Variation Order 2025-05, submitted by 6671731 Manitoba Ltd., to reduce setbacks for a proposed storage building. No presentations were made for or against the application. Following the hearing, Council approved the request.

Reports and Updates

- Transit Naming: Following a community vote, "Lake Line" was chosen as the official name for Riverdale's public transit service.
- Finance: Council approved the August Col-labria Credit Card statement and authorized a \$40,018.40 transfer from the Gas Tax Reserve to reconcile over-contributions from 2023.
- Emergency Measures: Council approved the Riverdale Connect (CodeRED) Emergency Notification Policy, which will be added to the municipal policy manual.

Grants and Donations

Council approved several community funding requests as part of the second intake of the Grants and Donations program:

- \$300 for Riverdale Palliative Care (library grief resources)
- \$500 for Rivers Train Station (Sekine Heritage Mural luncheon)
- \$575 for Rivers Game & Fish (annual Buck Night hall rental)
- \$200 for Rivers Collegiate (hosting senior volleyball provincials)
- \$575 for the Royal Canadian Legion (snow removal support)

By-Laws

Council gave first reading to By-Law 2025-05, establishing tipping fees at the municipal waste transfer station.

The meeting adjourned at 8:17 p.m.

FROM LAST WEEKS FRONT PAGE

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

Word Bank

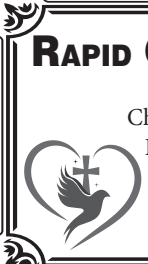
- | | | | |
|------------|-------------|---------------|-----------------|
| 1. erupted | 2. event | 3. scams | 4. machines |
| 5. crowd | 6. pull | 7. karate | 8. giggles |
| 9. harvest | 10. tractor | 11. spotlight | 12. celebration |



Join us Sundays at 10:30 a.m.

RIVERS
COMMUNITY
CHURCH

447 Edward Street ~ 204-328-7882



RAPID CITY COMMUNITY CHURCH

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

JESUS IS LORD

Tundra

By Chad Carpenter



Healthy debate is essential

When the news came out that Charlie Kirk of Turning Point USA had been assassinated, I asked my staff, who is this person? I honestly had never consciously ever heard of him. My staff and others certainly had heard of him. Apparently millions of others had heard of him and watched some of his videos and programs. I have now watched one five minute video of one of his campus debates where he invited students to come up to a microphone and ask questions or state views on a variety of topics. It was a long way from the way I was taught to debate.

When I was in university in the 1960s, I, and many of my colleagues participated in debates at the faculty level and university level. I also participated at the university level and was fortunate enough to be on the Western Canadian championship debating team.

Debating was taught and encouraged as well as being quite common. It was part of the university curriculum. It was conducted in the Oxford style debate format which involves a debate on a predetermined statement – also called a “motion” – from two opposing perspectives. The two sides either argue “for” or “against” the motion within a formalized structure.

In debate competitions, you rarely knew the topic much ahead of the debate and you were assigned which side, positive or negative, a short time ahead of the debate. It was great fun, a debater learned how to speak effectively, perhaps even very well in front of a crowd. The debate expanded your mind and your abilities. They were conducted very civilly. The positive side spoke first, then the negative, then the positive and then the negative. In the rebuttal, a shorter presentation is given by one

person from each side.

Sadly, there isn't much debate these days, having been long replaced by shouting, nastiness and a lot of untruths.

So when I heard that Charlie Kirk was a debater, I was intrigued that debates actually still happened. From what I saw, Kirk was quite controversial and with his style, he easily overpowered some students. I was horrified that he was assassinated in the midst of a speech. I was more horrified that some people went very public in their approval of his death. It was also a very public death, on live TV and in front of a crowd reported to be about 3,000 people. Early reports (as of Sunday, Sept 14) are that the alleged assassin was very politically motivated to pull the trigger.

I was also disturbed that some people tried to say that political assassination was a new thing in the United States. That myth was quickly laid aside by Senator Bernie Sanders, an independent senator from Vermont. I would recommend that people look up Sanders' speech. It's the best five minutes you will invest in the study

of political violence.

Free speech is at stake in North America. People need to behave civilly and listen to all opinions. We need to be able to disagree without being disagreeable.

In today's world, with all the access to information we have, we should not be short of knowledge, logic and the ability to make decisions. What we must be on guard against is the trend to shout down other peoples' opinions by smothering them in insults and strident, shouted conversation. Some conversations today resemble the depiction of lynch mobs in an old western movie.

May Charlie Kirk's death serve notice that civilized debate is essential and must never be squashed by violence. Kirk's style fell well short of the way debate and discussion should be conducted, but he should not have been assassinated.

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



We need to hear it again...

“Ask not what your country can do for you - ask what you can do for your country”.

The sentence, the challenge, the marching order, was part of J.F. Kennedy's inaugural speech, delivered January 20, 1961. I remember it. It was/is a call to public service and civic action, urging citizens to contribute to the greater good rather than focusing on personal gain. We have become a generation wanting instant gratification, and have a muddy definition of what are our rights. Just with casual observation one can note the decline in service clubs; our area, thankfully has several that work well and hard for the betterment of our community. We see a marked decline in mainline church attendance, and there is a shortage of individuals that are willing to serve on boards, committees, councils, and as elected officials. I can't say that I blame anyone for not throwing their hat in the ring. Public scrutiny is invasive, slander is rife, and service is challenging. One person's opinion does make a difference, if it is respectfully heard. And we know that candidates running for a public office have great ideas, firm resolve, and make promises that cannot ever be filled. We need a change in mindset.

Nelson Mandela is noted for “Education is the most powerful weapon which you can use to change the world”, “It always seems impossible until it is done”, and “Overcoming poverty is not a task of charity. It is an act of justice.” Man, if that doesn't speak to the situation in our world today! In many countries education is not a normal, it is for the select few, and often, not for women. Education occurs outside of the classroom as well, thankfully! Listening to another, again, with respect, can open one's heart and mind to a new idea. Having the courage to speak carefully about contentious points, showing compassion to the marginalised, and simply being a decent human being can educate others about the freedom of choice. With the disproportionate distribution of wealth in this world, and it's horribly disproportionate – 1.1 per cent of the total population own 45.8 per cent of the total world wealth, and according to an OXFAM 2021 report, the ten richest men in the world own more than the combined wealth of 3.1 billion people, almost half of the entire population. AND their combined wealth doubled during the pandemic...Overcoming poverty is not an act of charity, it is an act of justice. May it be so.

Churchill was well spoken, often quoted. “We make a living by what we get, but we make a life by what we give.” Almost back to the first quote by Kennedy. “A lie gets halfway around the world before the truth has a chance to get its pants on”, and that was before the internet and social media!!! “Truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is.” I think that's the one I'm waiting for, truth. Truth in personal lives, in public lives, in education and in faith. While waiting, I will not ask what my country can do for me...

**Rivers
Banner**
Est. 1908

204- 328-7494
www.riversbanner.com
info@riversbanner.com
Drop box @ 529 Second Ave • Rivers, MB

Circulation: 2,200

Yearly Subscription Rates (excluding taxes): \$52.03 in Manitoba, \$59.08 elsewhere in Canada

Canadian Publications Mail Sales Product Agreement #40012782

PUBLISHED EVERY FRIDAY
AD DEADLINE: MONDAY 12
PM PRIOR TO ISSUE DATE

Rivers Banner does not guarantee publication of any submitted articles or pictures. Such submissions, if printed, will appear at the discretion of the managing editor or publisher and only when time and space permit. We are not responsible for fax and e-mail transmissions which are not confirmed either in person or by phone.

STAFF

Owner/Publisher/Editor
Micah Waddell

Sales/Media
Jessica Coulter

Members
of:



Funded by the Government of Canada
Financé par le gouvernement du Canada



Canada

WI fosters friendship

Submitted

By DIANNE KOWALCHUK

The first branch of Women's Institute was established at Stoney Plain, Ontario, in 1897. The movement then spread across Canada and around the world. A woman named Madge Watt introduced WI into Great Britain when she returned to her homeland after living for a time in British Columbia. WI is well known in England – often referred to in novels and on television and stage.

Members of Rivers Women's Institute were delighted to welcome an Englishwoman, Carole Rooke, as a visitor to a recent meeting held at Kiwanis Courts. Carole was invited to tell us about her WI local called "The Nutters WI" in the village of Burcot. It was interesting to hear how similar the British and Canadian organizations are. Each Rivers member in turn explained how her involvement in WI came about. As the discussion carried on, it was obvious why WI members remain as WI members: while the education component is important and welcomed, it is the friendships that keep women coming back.

The business portion of the meeting was relatively short. It was noted that eight members travelled to Minnedosa in June for a tour that included a view of the bison and a visit to Dalrymple's Greenhouse. Dianne Kowalchuk gave a report on an ACWW Area Conference that she attended in Langford, British Columbia, in May. We discussed our delivery of Meals on Wheels in June. The conversation included some bewilderment about why more people aren't taking advantage of the delivery of meals. In years gone by, we would have 8 to 10 deliveries; now there is one. Why is that?

The next meeting will be held on Friday, October 17th, once again at Kiwanis Courts. A speaker will be attending to talk about "Women's Health Issues", including diabetes, aging, and heart disease. This will be a very educational meeting with an opportunity for questions. Visitors are always welcome. Members are reminded to bring items for the Women's Shelter. As usual, we will be collecting non-perishable food items for Riverdale Harvest. We continue to do what we can in the community.

Woodworth Royal Canadian Legion Branch #118

By Francis Wilson

LEGION SECRETARY

With the 2025 Poppy Campaign soon to begin, a blanket of red poppies blowing in the wind and covering battlefields in Europe is a well known image of Remembrance. Wherever they grow today poppies are seen as a reminder of fallen heroes – John McCrae's poem In Flanders Fields with its famous line "In Flanders Fields the poppies grow, between the crosses, row on row" is one of the most familiar.

Poppy seeds are available to be planted and will grow into a living tribute in your yard, garden or a planter. Poppies make beautiful cut flowers too. The seeds can be sown outdoors in a site in early spring or late fall. In honour of National Legion Week September 21-27, the Woodworth Legion Branch #118

has 50 seed packages available to purchase.

If any business or individual wishes to order and purchase a memorial wreath or cross for display or laying at the Remembrance Day service please contact the Woodworth Legion at kentonlegion118@gmail.com or call 204-838-2307 and leave your message.

The Woodworth Legion will be open for the first Texas Hold'em on October 2nd and the first Chace the Ace on October 3rd.



GAZETTE-REPORTER
**Rivers
Banner**

**WE HELP MAKE
YOUR BUSINESS
MORE CREATIVE**

Do you have a Large print job?
We offer special pricing on large volumes of printing

- Business cards
- Envelopes
- Invoices, purchase orders and statements
- Brochures, booklets and flyers
- Raffle tickets
- Invitations and postcards
- Gift certificates
- Anything you have in mind!

Rivers, MB
204-328-7494
info@riversbanner.com
www.riversbanner.com

SAVE ON YOUR PURCHASE & ON YOUR ENERGY BILLS

Until November 13, get instant rebates on select energy-efficient products at participating retailers. Product selection varies by retailer.

\$5 OFF SELECT

- Dimmers, timers, and motion sensors
- Outdoor plug-in timers
- Weatherstripping
- Window and door insulating film kits



\$50 OFF SELECT

- ENERGY STAR® certified smart thermostats



\$10 OFF SELECT

- Energy-efficient showerheads



Find a participating retailer near you by scanning the QR code or visiting efficiencyMB.ca/InstantRebates.

*Terms and conditions apply. See website for more details.

COME SAVE WITH US

efficiencyMB.ca
1-844-944-8181

EFFICIENCY MANITOBA

Fire departments get hands-on rescue training



Students lift a trailer to remove a passenger vehicle using hydraulic rams and wooden cribbing.

Submitted
BY OAK LAKE MUTUAL AID DISTRICT

The Oak Lake Mutual Aid District organized a comprehensive Heavy Rescue and Vehicle Extrication training session on Sept. 6 and 7. The event took place at the Foxtail Hauling property, providing an ideal setting for practical exercises. The course was led by Randy Schmitz, a seasoned professional from JRS Services of Alberta, who also serves as a Captain with the Calgary Fire Department. His extensive experience in emergency response and rescue operations contributed significantly to the quality of the training.

During the training, multiple realistic scenarios were set up by the instructor, utilizing Virden Towing's heavy-duty tow trucks. These scenarios were designed to replicate highway accidents, offering participants a hands-on experience in extrication techniques and rescue procedures. The use of actual heavy-duty equipment allowed students to familiarize themselves with the tools and methods used



There were 12 students involved in the training days. Here students lift a water truck off a passenger vehicle using struts, airbags and hydraulic lifting tools.

in real-world emergencies.

Participants had the opportunity to operate specialized rescue equipment, enhancing their practical skills and understanding of vehicle extrication processes. The training emphasized safety, efficiency, and teamwork, which are critical components in emergency rescue operations. Such courses are vital for first responders, tow operators, and emergency personnel, as they prepare them to handle complex rescue situations effectively and safely.

Overall, the event provided valuable training that enhances the readiness and response capabilities of local emergency services. The collaboration between the Oak Lake Mutual Aid District, Virden Towing, and experienced instructors like Randy Schmitz underscores the importance of continuous training and skill development in emergency rescue operations.



SUBMITTED PHOTOS

Instructor Randy Schmitz and Virden towing setup the scenario with a passenger vehicle under a bus.

agency rescue operations.

The Oak Lake Mutual Aid District (OLMAD) represents nine fire departments across specific regions in southwestern Manitoba and southeastern Saskatchewan, each serving their respective communities with dedicated personnel and resources. The departments included in the district are:

Oak Lake Sifton Fire Department, Pipestone Albert Fire Department, Woodworth Fire Department, Whitehead Fire Department, Wallace District Fire Department Stations 1&2, McAuley Fire Department, Maryfield Fire Department, Moosomin Fire Department

FASTBALL MEMORIES



One thing I have not talked about is the Kenton Cougar fastball team. One story I would like to share with you is about the first time we went to Provincials Fastball Championships in Winnipeg.

The rainy weather we have witnessed the last few days, is what it was like in Winnipeg. That weekend was cool, wet and cloudy. Sort of miserable!

We were of course very excited to be competing in the provincials for the very first time. Game one did not go our way as we lost to a team from Winnipeg. We played well, just did not get the breaks and we lost the game. To win the title meant we could not afford to lose any more games.

There are a couple of memories that will always stand out in my mind from that weekend. The first one involved myself. I got on first base with a hit in the first inning. We wanted to find out about how good our opponent catcher could throw to second, so I was given

the steal sign. On my way to second, I was going to slide into the base. As I started to slide, I saw the top of a water sprinkler site sticking up out of the ground, just a bit. I slide over it. I was not only out at second but could not play most of the weekend. Very disappointing! I injured my leg and hip. They were badly bruised. I did play briefly in our last game at the tournament. But I was not much help to our team.

The other memory of that weekend is the ball that Bob Garton hit. We called him Sam. It stuck with him for years, I think when I see him every now and then I still call him Sam.

Anyway, Sam is up to bat and hits the longest home run I ever saw in a fastball game. We were playing on a ball diamond that had a backstop about 15 or 20 yards off the street. Sam hits the ball, and it clears the trees over on the next block and takes one bounce and hits a picture window of a home across the street. A city block! That is an incredible distance for a fastball to travel. When Sam hit the ball, the ballpark went silent. I do not think we could believe what we just witnessed. That ball was smoked!

We won that game but lost our next and our first provincials were over, but we would be back again in other seasons to play at Provincial fastball tournaments.

The other hardest hit ball I saw was in Kenton. We were playing the Lenore Aces. At the time the outfield fence was a snow fence. Later we built a plywood fence around the outfield. On the fence in centre field was a 250-foot sign, hanging on the snow fence, about a foot lower than the top of the fence.

Up to the plate steps Ken Ellis, and he hits a screamer, a line drive like a missile. It hits the top of the fence and breaks off a couple of the wooden slats of the fence. When Ken hit the ball, it was not way up in the air, it was on a line. He smoked it!

I was playing second base, and Ken came down to second base and said, I guess that is a double. I said that should be a homerun, I have never seen a ball hit like that. Ken stayed at second base and the game continued.

Diesel tore the cover off the ball that game and Sam hit a moon-shot home run. I will never forget those two great memories; I was just happy to be there!

SMALL TOWN,
BIG SAVINGS.
SMALL TOWN,
BIG IMPACT.

WHEN WE WORK TOGETHER,
OUR ENERGY AND BILL SAVINGS
ARE ANYTHING BUT SMALL.

Did you know that we have energy efficiency advocates in Manitoba? Their role is designed to serve the local community, helping homes and businesses save energy, money, and the environment.

Advocates are familiar with their community and Efficiency Manitoba's offers. And you may have one in your area!

Saving is easier when we work together — and even easier when we bring the savings straight to you.

To see if there's an advocate in your community, visit efficiencyMB.ca/CEEP.

EFFICIENCY
MANITOBA

Wild Turkey season is open

Submitted
By MANITOBA GOV.

Wild turkeys were first introduced to Manitoba in 1958 at a farm site south of Miami, led by a coalition of dedicated local game and fish organizations known as Wild Gobblers Unlimited, with support from the provincial government. Flocks quickly established themselves on the landscape after the initial introductions of imported birds, allowing for wildlife managers and volunteers to initiate an annual trap and transfer program where

turkeys were trapped from healthy flocks and released into new areas. This program, along with natural dispersal has resulted in an established population that covers much of southern Manitoba. Manitoba continues to partner with wildlife clubs to expand wild turkey range and bolster populations across southern part of the province. While many residents of the province enjoy the hunting and viewing opportunities that turkeys provide, in some situations they



PHOTO BY METRO CREATIVE

Wild Turkey licences are issued, including a special youth licence. The bag limit is one turkey per licence.

can come into conflict with people. The Coexisting with Wild Turkeys

document provides tips on things that you can do to reduce wild turkey conflict.

Wild Turkey Hunting

Fall and spring hunting seasons are offered to Manitoba residents in twenty Game Hunting Areas (GHAs), in-

cluding a special youth licence and season. Wild Turkey season is September 15 to October 15. Bag limit is one wild turkey per licence. On average approximately 1,500 Manitobans purchase wild turkey hunting licences each year, with

healthy populations and harvesting opportunity being found in many areas. More information on Wildlife Management Areas (WMAs) and wild turkey hunting seasons can be found in the Manitoba Hunting Guide and Wildlife Lands Interactive Map.

Occupational holistic wellness Finding balance at work and beyond

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

MARIE EVELYNE GINGRAS

Let us be honest, work can either lift us up or wear us down. We spend so many hours on the job that it is no surprise our overall health, happiness, and energy are tied to how we feel at work. For years, workplace wellness meant things like gym discounts, free fruit bowls, or maybe a step challenge. Nice benefits, sure, but they only scratch the surface. What people are craving now is something deeper: occupational holistic wellness. This approach looks at the whole person as in body, mind, emotions, and even the environment we work in. Think about it. You cannot separate “work you” from “home you.” If you are stressed out at the office, chances are you bring that stress to the supper table. If you feel supported and valued at work, that positivity spills into the rest of your life. Holistic wellness is about creating workplaces that nurture people in all areas, not just in their ability to meet deadlines. That might mean flexible hours so parents can make the school run, quiet corners for medita-

tion or breathing breaks, or even workshops that tackle finances, nutrition, and mental health head-on. And here is the best part: when people feel cared for, businesses win too. Burn-out, absenteeism, and high turnover are expensive headaches for any employer. On the other side, happy and healthy employees stick around longer, bring more energy to their roles, and even spark creativity. Imagine a workplace where “stress leave” becomes less common because people have real tools to manage pressure, whether it is through mindfulness sessions, ergonomic workspaces that stop those nagging backaches, or simply knowing their boss values their well-being as much as their productivity. The holistic approach is also about prevention, not just reaction. Stress, for instance, is more than just a bad mood. It can mess with digestion, sleep, and even the heart. When workplaces open up conversations about mental health, offer wellness breaks, or encourage unplugging from screens, they give

people a chance to reset before problems snowball. It is like giving your body and mind regular tune-ups instead of waiting for a major breakdown. Of course, holistic wellness is not one-size-fits-all. A rural office might take meetings outside on a walking trail, while a downtown corporate hub could lean on yoga classes or tech-free Fridays. The key is listening to what employees need and creating programs with them, rather than tossing out generic solutions. When people feel heard and included, wellness stops being just another HR buzzword and becomes something real, something that works. At the end of the day, occupational holistic wellness is about weaving health and happiness right into the fabric of work. It is about remembering that people are not just workers, they are parents, friends, caregivers, dreamers, and community members. When workplaces support the whole person, the benefits ripple far beyond office walls, creating stronger families, healthier communities, and more balanced lives. So, the next time you think about wellness at work, picture more than free fruit bowls. Picture a place where your whole self is welcomed and where thriving is not just encouraged but celebrated.

Tree trimming keeps you safe

Overgrown trees can cause fires and outages.

Learn more at hydro.mb.ca/vegetation

Manitoba Hydro
energy for life

To request accessible formats visit hydro.mb.ca/accessibility.

Annual Terry Fox Run for the cure



On September 14, Bill Kroeger and family got together for their annual Terry Fox Run for the cure. The group started at the Rivers Collegiate with Bill Kroeger and daughter Ashley Wood running the entire 10 kilometres. Daughter, Kelsey Fisher, drove in from Glenboro and ran while pushing her new born, 5 month old Kacey in her stroller. Grandchildren 9-year-old Liam Wood, 7-year-old Anna Wood, and 3 year old Kendall Fisher rode their bikes. As a family they raised \$420 in pledges from the local people. "We appreciate all that sponsored the event with their generous donations. It was a cloudy type, cooler day with very little wind. But great for running or bike riding. We completed the whole 10 kilometres in just under an hour...Tired, but just happy to support the cause," said Kroeger.

SUBMITTED PHOTO

Help students adjust to a new school



PHOTO BY METRO CREATIVE

Submitted
BY METRO CREATIVE

Students typically attend multiple schools over the course of their academic careers. Preschool, elementary school, middle school, and high school are all normal pitstops on students' academic journeys.

Moving to a new school can pose a challenge for students. Whether they are beginning a new school at the start of a school year, or switching schools mid-year, the transition may be marked by a variety of emotions. The following tips can help students adjust to a new school.

Discuss stress and uncertainty with kids. Parents can be honest with children and note that not every scenario is simple. Uncertainty is a part of life, and feelings that arise because of it can be acknowledged. Parents can demonstrate that it's alright to feel stressed about the uncertainty of a new school and unsettled

about changes that are coming. But ultimately everyone will work together as a family to help ease the transition.

Familiarize oneself with the new school. Learning about and touring a new school can assuage a lot of the fears a student may have. School campus tours and opportunities to shadow students can help them feel more comfortable on the first day.

Connect with other students. If possible, students should try to meet up with some of their potential peers. Some schools host meet-and-greet events where incoming students can hang out with others in a friendly environment. Seeing one or two familiar faces the first day of school can help students who are apprehensive.

Focus on what can be controlled. One of the best ways that adults can help students feel more positive about a new school is by focusing their attention on

what they can control, says Pearson. Gathering familiar supplies, setting up a schedule or enrolling in a favourite subject or extracurricular activity are some ways students can exert control to boost their confidence.

Work with the teacher. Parents can meet with a student's teacher or teachers about what they can do to foster a smooth transition, particularly if their child is coming into the school in the middle of the school year.

Show an interest in the school. Parents should be active participants in their children's education. That means attending school functions that celebrate students and joining parent-teacher organizations. Asking about new courses or extracurricular activities also can help students who may begin to mirror the enthusiasm their parents are showing.

Adjusting to a new school takes some time, but it is not an insurmountable task.



With Efficiency Manitoba's Appliance Recycling Program, we'll pick up, recycle, and give you \$30 for your old working fridge or freezer.

There are lots of benefits to participating:

- ✓ You'll save on your monthly energy bill.
- ✓ You'll get \$30 for each working fridge or freezer you recycle.
- ✓ We'll recycle up to 95% of your appliance and you'll feel good knowing it doesn't end up in the landfill.
- ✓ While we're at your home, we can also haul away your old dehumidifier, window air conditioner, bar fridge, or bar freezer for free.

BOOK YOUR PICK-UP TODAY.
efficiencyMB.ca/ApplianceRecycling



CLASSIFIEDS

Notice

R.M. of Oakview BOARD OF REVISION 2026 ASSESSMENT ROLL



Public Notice is hereby given that the **2026 Assessment Roll** for the Rural Municipality of Oakview has been delivered to the Oakview municipal office at 10 Cochrane Street, Oak River, MB and is open for public inspection during regular business hours. Applications for Revision may be made in accordance with Sections 42 & 43 of the Assessment Act.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property;
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- be made in writing
 - set out the roll number and legal description of the assessable property for which a revision is sought;
 - state the grounds on which the application is based; and
 - be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41 (2), or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **Monday, October 27th, 2025 at 6:15 p.m.** in the council chambers of the Rural Municipality of Oakview in Rapid City to hear applications. The final date on which **applications must be received by** the Secretary of the Board is **Tuesday, October 14th, 2025 at 4:30 p.m.**

Dated at the RM of Oakview, in the Province of Manitoba, this 2nd day of September 2025.

Mark Humphries,
Board of Revision Secretary
Rural Municipality of Oakview
Box 179
OAK RIVER, MB R0K 1T0

Auctions

Online McSherry Auctions

Estate & Moving
Sept. 17 @ 7:00PM

Firearms-Ammo &
Accessories
Sept. 23 @ 7:00PM

Man Cave
Oct. 28 @ 7:00PM

McSherryAuction.com
204-467-1858
or 204-886-7027
mcsherrytld@gmail.com

Coming Events

Manitoba Women in Agriculture & Food Presents



October 9 2025
9:00 AM to 4:30 PM
Caboto Centre

1055 Wilkes Ave, Wpg.
Lunch, Free Parking
& Door Prizes!

Keynote Speaker:
Jill Verwey, Pres. Of KAP

Collaborative Networking,
Panel Discussion, Meet Peers
& Industry Leaders in person!

For info & to Register:
[https://mwaf.ca/services/
mwaf-2025-summit/](https://mwaf.ca/services/mwaf-2025-summit/)

Announcement



Response Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper
NOW or MCNA at
204.947.1691 or email
classified@mcna.com

www.mcna.com

Help Wanted



CAREER OPPORTUNITIES

RIVERS & HAMIOTA Health Facilities

- Physiotherapist (Rivers)**
Part Time position
- Community Mental Health Worker (Hamiota)**
Full Time position
- Home Care Attendants & Health Care Aides**
Casual & Part Time positions
- Licensed Practical Nurses & Registered Nurses**
Casual; Full Time & Part Time positions
- Environmental Services (Housekeeping & Laundry)**
Casual & Part Time positions
- Cook I & Dietary Aides**
Casual positions
- Registered Dietitian (Hamiota)**
Full Time position

JOIN THE HEALTH CARE TEAM! APPLY TODAY!

www.prairiemountainhealth.ca, click on **Careers**

An excellent health care benefit package that includes but limited to health & dental benefits, pension plan & a health spending account.

We thank all applicants in advance for their interest in Prairie Mountain Health however only those candidates selected for an interview will be contacted. These positions are subject to a Criminal Record Check (including Vulnerable Sector), Adult Abuse Registry Check, and a Child Abuse Registry Check. The successful applicant will be responsible for any services charges incurred.

Manitoba Community Newspaper Association Province Wide Classifieds

NOTICES

Advertisements and statements contained herein are the sole responsibility of the persons or entities that post the advertisement, and the Manitoba Community Newspapers Association and membership do not make any warranty as to the accuracy, completeness, truthfulness or reliability of such advertisements. For greater information on advertising conditions, please consult the Association's Blanket Advertising Conditions on our website at www.mcna.com.

URGENT PRESS RELEASES
- Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for **ONLY \$35.00+GST/HST. Call MCNA (204) 947-1691** for more information. See www.mcna.com under the "Types of Advertising" tab for more details.
ARE YOU HIRING RIGHT NOW? Online ads not getting

results? **SELLING SEEDS ORLAND? HAVING AN EVENT?** Let us help you book a **blanket classified ad!** You will be seen in the 31 Member Newspapers, in over 368,000+ homes in Manitoba. Please **Call THIS NEWSPAPER NOW** to book, or call MCNA at (204) 947-1691 for more details or to book ads. Take advantage of our great pricing! **MCNA - Manitoba Community Newspapers Association.** www.mcna.com
FINANCIAL SERVICES (NEW AD COPY)
Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. (403) 543-0927 www.firstandsecondmortgages.ca
BUSINESS OPPORTUNITY / BUSINESS FOR SALE
OUTFITTING BUSINESS FOR SALE - Allocation of 18 Deer, Non-Resident, Non-Canadian tags. Area 18, 18A, 18B, 18C. Tags may be split. 1-204-638-1936.

ADVERTISE HERE

For Sale

GRAND TRUNK NOSTALGIA CLUB

40th Annual Vintage
& Collectible Sale
SAT, Sept 27, 2025
10AM - 5PM

Manitoba's **Biggest**
Indoor Fall Vintage
& Collectibles Sale
with over 180 tables
Admission: \$5.00
12 & under FREE

Assiniboia Downs
3975 Portage Ave., Wpg.
FREE Parking
Early (8AM) admission:
\$30.00

For Info:
Ph: 204-990-3463
or 431-374-6925

CASH FOR COINS,
JEWELRY, GOLD,
SILVER &
PLATINUM!



**BUYING ALL
COIN COLLECTIONS
Big & Small.**

Also Numismatics,
Rare Coins, Sets,
Gold & Silver coins,
Nuggets, Sterling sets,
Old money, ROYAL
CANADIAN MINT,
FRANKLIN MINT, US
MINT, Silver Dollars,
World sets etc.

CALL TODD NOW!
Ph: 204 - 904 - 9705
I COME TO YOU!

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Computers *Medical
*All phones *Chargers
*Marine *RV & more
Shipping/Delivery avail.

THE BATTERY MAN
1390 St. James St.
Winnipeg
TF 1-877-775-8271
www.batteryman.ca

FOR SALE

Electrician now
retired, selling all
tools of the trade,
mechanical tools,
supplies, and other
misc. Other items
for sale, tires, lawn
mower, etc.

Call John for a
viewing.

Ph: 204-334-1787

for more info.

HAY & STRAW FOR SALE

- High-End Alfalfa
- Low-End Alfalfa
- Premium Grass
- Delivered to you
- Semi-loads

Call or Email NOW!

Rob: 1-204-209-1066
[redriverforagesales
@gmail.com](mailto:redriverforagesales@gmail.com)
redrivforage.com

Visit our website
www.riversbanner.com

Holding a community event?

Contact us to help spread the news about your community event or fundraiser

Rivers Banner

www.riversbanner.com
204-328-7494 • info@riversbanner.com

BUSINESS DIRECTORY

YOUR LOCAL MARKETPLACE FOR GOODS & PROFESSIONAL SERVICES

HOMES | ACREAGES | CABINS | FARMS | COMMERCIAL

ROYAL LEPAGE
Martin-Liberty Realty

Your Trusted Local Realtor®

Ken Kirk
REALTOR®
204-764-2904
kenkirk@royallepage.ca
Serving Hamiota & Surrounding Areas

ROYAL LEPAGE
NATIONAL TOP 2%
2024

KROEGER BACKHOE SERVICES LTD.

Rivers, MB R0K 1X0
204-761-8765
kroegerbackhoe@gmail.com

- Development Services
- Pond & Dugouts
- Drive/Lane Construction
- Basements
- Excavation
- Laser Ditching & Drainage
- Septic Systems
- Gravel & Trucking
- Demolition
- Snow Removal

Memories Chapel FUNERALS CREMATION RECEPTIONS

Cherish the Memories
locally owned and operated

330 - 18th Street North, Brandon, MB R7A 7P3
204.727.0330
memorieschapel.com

Redfern FARM SERVICES LTD.

- Feed • Seed
- Fertilizer • Herbicide
- Hardware
- Custom Application

We Stay Ahead In Our Field
So You Can Stay Ahead In Yours

Agronomy & Service

REDLINE TRANSPORT
RIVERS, MB

204-724-6870
280 Taylor Road
Rivers, MB R0K 1X0
www.redlinetransport.ca
alepp@redlinetransport.ca

Stewart Endeavors

Gravel - Sand - Stone - End Dump/Belly
Dump Services - Excavating

stewartend2015@gmail.com
204-365-0086
Alex Stewart
Box 916,
Rivers MB, R0K1X0

THE BLANCHARD
HOTEL, LOUNGE, AND RESTAURANT

Fraenkische Stuben
German - Bavarian Cuisine

Ph. 204.566.2131

Mon. - Tues. CLOSED ~ VENDOR OPEN DURING BUSINESS HOURS
WEDNESDAY - SATURDAY OPEN FROM 10am - 10pm, SUNDAY 2pm - 9pm
BREAKFAST WED. - SAT. FROM 10am - 2pm
OAK RIVER, MB

WAY-MOR AGENCIES LTD.

RIVERS OFFICE:
MON - FRI: 9:00 TO 5:00
(CLOSED 12-1pm)
SAT: 9:00 TO 12:00
201 MAIN ST., RIVERS, MB
(204) 328-7540

OAK RIVER OFFICE:
TUES - FRI: 10:00 TO 3:00
16 COCHRANE ST.
OAK RIVER, MB
(204) 566-2490

GET AN INSURANCE QUOTE
BEST CHOICE REAL ESTATE BROKER

Whelpton ELECTRIC Ltd.

- Residential & Commercial
- Farm Wiring & Trenching

Brandon - Rivers
204-761-2192

ALLIANCE ACCOUNTING GROUP
CHARTERED PROFESSIONAL ACCOUNTANTS INC.

Hamiota Killarney Brandon Pilot Mound Birtle Deloraine

Hamiota—71 Maple Ave E 204-764-2544
Brandon—Unit E 2425 Victoria Ave 1-888-726-1995

www.allianceaccounting.ca

Brockie Donovan
FUNERAL & CREMATION SERVICES
Serving Rivers and area since 1915.

Phone 204-727-0694
www.brockiedonovan.com

Hamiota's
Campbell Funeral Home

204-764-2744
FUNERAL DIRECTORS
Dwayne Campbell
Brittany MacLellan

Gill's PLUMBING & HEATING
RIVERS, MB. 328-7728

- Residential
- Commercial
- HVAC Installations
- Licensed Gas Fitting
- 24hr Emergency Service
- Repair & Maintenance
- Septic Truck Service
- Duct Cleaning

Hunt, Miller & Co. LLP

Robert D. Harrison, Lawyer

Phone 204-727-8491 or
204-328-7540
(Thursdays, 2-5 p.m.) for appointments.

Does Facebook support local?

Has your organization ever called up Facebook and asked them for a donation to your cause? Local business rely on local support to exist.

Shop local today.

From the prairies to the highlands 204 - part 3

By Gerry Nolan
RIVERS BANNER

And we are off to Turnberry to see the Donald Trump golf course amongst other sites. We were told to play a round of golf would cost \$1000. A little too steep for me. The Trump Hotel resort at Ayr is huge and at night it's lit up like a Christmas tree. I must admit seeing the golf course was exciting, but in the end, it was the third best thing I saw.

We walked a cart path out to the Turnberry Lighthouse, which was a crucial aid in navigation and provided safety for all mariners.

This is also the birthplace of Robert the Bruce, King of Scotland from 1306-1329. The ruins of the castle are still visible today. The iconic Turnberry Lighthouse was built in 1873 and was a part of the renowned runways that served the Royal Air Force during World War 1 and 2.

The lighthouse features breathtaking views overlooking Ailsa Craig, Northern Ireland, the Firth of Clyde and the Isle of Arran. The Irish Sea front with so many vistas was very beautiful.

There is also a cenotaph erected just a few steps away from the lighthouse with the names of the airmen who gave their lives for our freedom. This was a very sombre moment for all of us, as we remembered them!

We were scheduled to go to Ailsa Craig by boat, but we were unable to go due to rough water conditions. It was cloudy and rainy and very windy that day. Ailsa Craig is where the granite is acquired for most curling rocks used today. We did go to a factory where they manufacture the rocks. Sadly, they were closed but we were able to see the granite and curling rocks ready for handles in preparation for shipping.

After spending a few hours exploring, we left Turnberry and stopped at a pub called, The Boswell Arms. We had lunch there and were introduced to cider which was very enjoyable.

After leaving the pub, we stopped at Kilmarnock for ice cream, which was delicious. Most of us had our ice cream and were heading back to the van when the



This cenotaph listed the names of the Royal Air Force who gave their lives.

owner appeared and struck up a conversation with Todd and Debbie Hunter. I wonder if they were in discussions about purchasing the ice cream parlour. Maybe they could relocate it to Kenton!

After ice cream, we continued our journey back to the church. We freshened up then it was off to Wildings for supper. It

was a great supper. One thing I would say is that all our meals were served hot and there were no reheated fries. They were always fresh, not full of soggy oil. After supper we headed back to the church for the rest of the evening.

When we got back to the church to top the evening off, Bowen Thornitt who is just 9, suggested we have a game of musical chairs around the 16-foot table. So that is what we did! There were a couple of innocent body checks and some unfair play by some people, moving too slowly to keep position for an empty chair, right Celia? Anyway, we had 2 rounds of musical chairs which was so much fun I think we were all kids again, even for that moment.

I personally believe that thanks to Bowen and his sister Freya, who turned 7 while we were on our trip, this game really started to bond our group. Playing games brings out the personalities and character in people, and those early bonding moments helped us all to get to know one another. These times really cemented our group together for years to come. Thank-you Bowen and Freya Thornitt for suggesting we play musical chairs. It is amazing to think the kids really brought us closer, and they were not done with us adults yet as you will learn more going forward.

Some things I noticed that day were there are no gravel roads. They are paved or in some of the towns, they are cobbled. Most of the road's twist and turn like snakes, and there are few stop signs. You come up and they use roundabouts which is great. There is also no end to the ups and downs on the highway, but the countryside is just breathtaking. I really cannot explain how beautiful it is. If you ever get a chance to go to Scotland, put it on your bucket list, you will not be disappointed.

We saw so many dairy cattle in the lowland. There were stone fences dividing 20-to-25-acre fields. We



The iconic Turnberry Lighthouse was built in 1873.

PHOTOS BY CELIA NOLAN

saw lots of sheep as well. There were lots of bramble bushes as well growing to fill in holes in the stone fence. These are thorny bushes that would tear you apart if you tried to go through them.

Another thing we noticed was there were no granaries as they use sheds for storing grain. Also, no grain trucks, just tractors and grain carts.

The hills were so green, and the grass was lush due to the amount of rain they have had. Wow, what a day we had, and tomorrow we get to do it all over again. New places to go, new places to see and some more excitement along the way

Thanks Dr. Devon Caldwell for such a wonderful day you planned for us!

We're Hiring

Role: Seasonal Chemical Delivery Driver
Location: Hamiota, MB

Job Requirements:

- Minimum Class 1 or 3 Driver's License with Air Brake endorsement
- Previous equipment operation (e.g., Forklift) and maintenance experience, an asset
- Previous Anhydrous Ammonia experience, preferred

To learn more, scan below or reach out to connect:



jobs.nutrien.com



Nutrien
Ag Solutions

Rosemary

Submitted
By PATRICIA HANBIDGE

Rosemary is one of my favourite herbs. Not only is it a nice rich green year round, but it also has a crisp, almost pine-like fragrance. I love to muddle it and add it to chilled beverages and it is such a nice culinary herb with lamb or other rich red meats. I love it in breads and often add it to soups and marinades.

Rosemary (*Rosmarinus officinalis*) is native to the Mediterranean. In warmer climates it is spectacular throughout the year and can be grown as impressive hedges with added benefit. It has been used for culinary purposes for centuries, but is also considered a sacred plant, a traditional medicine ingredient and has the power to attract beneficial wildlife.

The flowers are pale blue, purple or white and attract butterflies and other pollinators. Bees are so attracted to rosemary in the spring when there are few blossoms to be had. Hoverflies and wasps which are natural predators of many garden pests are also attracted to rosemary. The strong aroma of rosemary deters many pests like aphids, mosquitos, gnats, cabbage moths and more. It has also been used as a natural flea repellent for pets.

There are also many natural health benefits to rosemary. It has antioxidant and anti-inflammatory properties and supports digestion and gut health. As an infused oil, it can ease joint pain and muscle tension. Rosemary can also be used to stimulate circulation and improve mental clarity. It is a great hair rinse as well and brings a refreshing scent to your bath. For your personal safety, ensure you understand all of the benefits and detriments of any natural products.

When we look back in history, rosemary has been associated with remembrance, protection and good fortune. In Ancient Greek times, students would wear rosemary wreaths to improve their memory for exams. In many



SUBMITTED PHOTO

Rosemary (*Rosmarinus officinalis*) is a fragrant, evergreen herb native to the Mediterranean.

places, sprigs of rosemary were placed in doorways toward off evil spirits. It was also used as a symbol of loyalty and remembrance at weddings and funerals.

If you plant a rosemary shrub near your front door, it transforms from a great culinary herb to a symbol of protection, prosperity and peace. According to folklore and Feng Shui principles, the entrance to your home is a powerful gateway. What is placed near the door influences the flow of energy or chi into your home. The presence of rosemary close to your entrance invites clarity, protection and harmony. Rosemary acts like a living talisman, inviting good health and harmony in your home while protecting those inside.

There are also many aromatherapeutic benefits of rosemary. It boosts concentration and memory, and improves your focus. Rosemary can lift your mood and it chases away fatigue. Lightly rub the leaves and you will experience that stress and tension fade away. If you can plant rosemary by your entrance, every time you come in

or go out you can experience a free dose of aromatherapy.

As far as the culture goes, rosemary is an easy plant to grow. Once established it will require very little watering. It thrives in hot, dry climates and prefers poor and rocky soil. It tolerates wind, salty air and even if planted in a very reflective full sun area, it just keeps growing. It does well in containers or planted in the ground and can be pruned into interesting topiary shapes. The only detriment is that it is not hardy enough to overwinter on the prairies. It is however an easy plant to move in and out with very few freeloaders!

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

Tune into GROW Live on our Facebook page <https://www.facebook.com/orchidhort> or check out the Youtube channel GROW <https://www.youtube.com/channel/UCzkiUpkvyv2e2HCQIFl0JyQ?>

SUNMONTUEWEDTHUFRI

SAT

COMMUNITY CALENDAR

Sep 1920

Arts West Traveling Gallery Display ~ Prairie Crocus Library

Prairie Crocus Library Storytime in Rivers 10am

Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm

21222324252627

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

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

Rivers Legion Cribbage 7pm

50 + Floor Games 1pm

Prairie Crocus Library Storytime in Rivers 10am

Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm

Cribbage Tournament at Rivers Legion 12pm

282930Oct 1234

Rivers Legion Bingo 11:30am

50 + Card Games 1pm

50 + Club Pool 1pm

50 + Club Cribbage 1pm

Rivers Legion Cribbage 7pm

50 + Floor Games 1pm

Prairie Crocus Library Storytime in Rivers 10am

Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm