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RIVERS CLASS OF '85 REUNION



PHOTO SUBMITTED BY ALISON LEONZIO

Back row (Left to right) Ray Ash, Colin Goring, Colin Russell, Gary Lindberg, Vaughn Lamb, Michael Shamray, Dennis Rondeau (principal), Dave Stevenson, Kent Madden, Doug Ashton, Craige Madden; Middle row, Barb Dennison, Karen Robinson (Wood), Hali Laxdal (Sveistrup), Alison Leonzio (Smith), Wendy Radcliffe, Tracy Shanks, Clayton Robins; Front row / Bench, Norma Cartwright (Hjorth), Steve Allen, Lesley Dabe (Kingdon), Janet Dixon

Submitted

By ALISON LEONZIO

The planning for the 40th reunion of the Class of '85 started last fall. Clayton and I knew it would take some time to find everyone and for them to make plans to attend so we wanted to start early.

I started with a Facebook group and started inviting anyone that I knew and encouraged those members to do the same

... basically used the good old shotgun approach!

Our class had spread far and wide - all across Canada, the US, Jamaica and China! We weren't able to connect with everyone, and we did have a few that simply couldn't attend but we had an astounding attendance of 20 classmates and some partners.

find out all about their festivities on page 2...

Inside...



MEET THE SPRUCE
WOODS BYELECTION
CANDIDATES P6-7



POOL SAFETY
STRATEGIES
P12

INVESTING IN RURAL HEALTH CARE

AUGUST 26, VOTE
RAY BERTHELETTE & WAB KINEW

AUTHORIZED BY THE OFFICIAL AGENT



MANITOBA'S **NDP** TEAM
WAB KINEW

mbndp.ca/spruce_woods
204-740-0390
SpruceWoods@mbndp.ca

CLASS OF '85 MEET AGAIN



Original photo of the Rivers Collegiate Class of 1985.

PHOTO SUBMITTED BY ALISON LEONZIO

continued from page 1

The festivities officially began Friday morning with a fun round of golf at Riverdale Golf Course for anyone who wanted to partake.

Others met at Rivers Legion Clubroom where Barb Plewes and staff generously allowed us to set up our “home base”

for the weekend. The clubhouse was decorated with a photo op area and a lot of memorabilia, old pictures and yearbooks as well as a touching memorial to our classmate Rob Hume.

We all congregated at the entrance to the high school early Friday evening to re-enact our class picture on the

rock. We managed to get into our original places and squeeze our partners in as well. Once we managed that gigantic feat we headed over to Riverdale Campground and had a wonderful evening of food, reminiscing and laughter. Many of us headed over to watch the Rivers Comets and Oak River Dodgers playoff game

where we were able to reconnect with even more people! We even managed to treat the “non-prairie” people to a fantastic “light show” that quickly ended the evening around midnight when the skies opened up!

Saturday morning began with a tour of the high school. What a walk down memory

lane that was as everyone shared their memories as we moved classroom to classroom. Even the senior girls bathroom was a fond memory ... how many secrets were shared and tears shed behind those doors!!

We gathered back at the campground for lunch and an afternoon of lawn games and more reminiscing. We had every single yearbook from Kindergarten to Grade 12 ...thank you to the mom’s and dad’s that saved those through the years! Watching the joy on everyone’s face and hearing the laughter and the ah ha moments as we remembered a classmate from long ago made all the planning worthwhile.

We reluctantly parted ways in the late afternoon to get ready for our final evening together at the Legion clubroom.

Shelly Dickenson catered a lovely meal for us and the Legion did a fantastic job managing

our crazy crew of 35+ people.

We were honoured by the presence of some of our parents as well as our highschool principal, Dennis Rondeau.

After our meal, we had a photoshoot with our original class photographer, Steve Allen (who had been taking pictures all weekend!), we enjoyed some board games from the 80’s, listened to our 80’s playlist and continued to reminisce, catch up and just have a fantastic time enjoying each other’s company.

The tearful goodbyes at the end of the evening were coupled with grand plans for our next reunion.

We now can all look forward to our next “yearbook” that Steve is working on as he compiles the hundreds of pictures from the weekend. It will be a fantastic way to keep the memories alive for all of us.

MAGIC CAKE

White cake with a custard-like middle.

Ingredients

- 4 eggs at room temperature, separated
- 3/4 cup white sugar
- 1/2 cup butter, melted
- 1 teaspoon vanilla extract
- 3/4 cup all-purpose flour
- 2 cups lukewarm milk
- 2 tablespoons confectioners’ sugar, or to taste

Directions

1. Preheat oven to 325 degrees F (165 degrees C). Grease an 8-inch baking dish.
2. Beat egg whites in a large bowl with an electric mixer until stiff.
3. Combine egg yolks and white sugar in another large bowl; beat with an electric mixer until light and fluffy, about 2 minutes. Add butter and vanilla extract; beat until smooth, about 2 minutes. Fold in flour. Beat in milk slowly. Fold egg whites gently into the batter.
4. Pour batter into the prepared baking dish.
5. Bake in the preheated oven until top is golden, 45 to 70 minutes. Let cool, about 30 minutes. Dust top with confectioners’ sugar.



Congratulations to Rod Rose



PHOTO SUBMITTED BY ALISON LEONZIO

Congratulations to Rod Rose from Rivers Bowling out of Wheat City Lawn Bowling Club in Brandon and Jerome Kirby from Winnipeg’s Norwood Lawn Bowling Club for capturing the Provincial Men’s Pairs last weekend, they will be representing Manitoba at the Nationals in Edmonton Aug.18-23 2025. Wishing Rod and Jerome good luck.

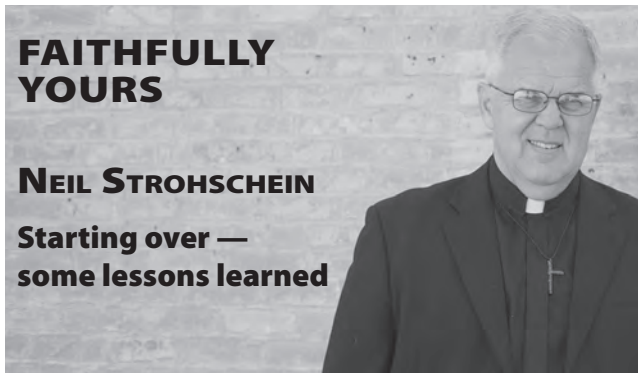


CLOSED FROM AUG 23 - SEP 1

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

We have appreciated your business all summer!

Rivers Banner



For me, January 1, 2000 was the first day of the second chapter in my ministerial career. On that day, I stepped out of my role as a paid minister attached to a local church, and began working as a minister-at-large to congregations located in small communities throughout south west Manitoba; a post I still hold today.

It was also the beginning of major transitions in my personal life—letting go of one immediate family; forming another and dealing with the hurt, heartache, heartbreak and tragedies from which no family is immune.

Along the way, I have learned four valuable lessons.

First, leaving the only life you have ever known is never easy. We grieve what we’ve left behind. That

is normal. We face steep learning curves as we start new jobs, begin new relationships or move to new communities. That is to be expected. Settling into a new role or relationship takes time. Go easy on yourself and on those around you. They need to get to know you just as you need to get to know them.

Second, don’t treat your past life as though it never happened. The people you met, the work you did, the good times you enjoyed and the mistakes you made all helped to make you the person you are today. There are many things about your past life that are worth remembering. Carry those memories with you. Treasure them and let them guide you as you choose the path you will take in your new role or relationship.

Third, resolve painful memories from your past. This may be the most difficult thing you will ever be asked to do. But if this step is ignored, the attitudes that created stress in your past will soon surface and will create stress in your new role or relationship.

I have personally experienced the consequences of ignoring this step. They turned me into a person I didn’t know and people didn’t like. I have found the freedom God gives to those who acknowledge the sins of their past and find his forgiveness. And I know the unspeakable joy that comes when, by God’s grace and with his help, we can forgive those who hurt us, forgive ourselves for harm we inflicted


on ourselves and others and finally break free of the harmful habits and attitudes that troubled us in the past.

Fourth, embrace uncertainty because nothing in this life is ever guaranteed. A sudden illness, an accident, a business failure, a financial loss, a job loss, a failed relationship—one (or more) of these things can happen to any one of us at any time. The ancient king Solomon was right when he wrote: “Do not boast about tomorrow, for you do not know what a day may bring forth.” (Proverbs 27:1)

We don’t know what the future holds for any one of us. But God does; and he asks that we learn to live life one day at a time. Jesus addressed this topic in his Sermon on the Mount. “Do not worry about tomorrow,” he said. “For tomorrow will bring worries of its own. Today’s trouble is enough for today.” (Matthew 6:34)

Living one day at a time won’t be easy for any of us. It will require us to develop two character traits that are rarely seen together. The first is faith. The second is flexibility. These qualities and the relationship they share will be dealt with next week.


From last weeks front page



RAPID CITY COMMUNITY CHURCH

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

JESUS IS LORD



Join us Sundays at 10:30 a.m.

**RIVERS
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CHURCH**

447 Edward Street ~ 204-328-7882

Westman Canadian Reformed Church

Worship Services
Sundays at 10:00am

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



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Word Bank

1. club	2. sky	3. museum	4. reserve
5. history	6. sponsor	7. beef	8. games
9. summer	10. achievements	11. livestock	12. champion

Tundra
By Chad Carpenter



Homebodies
RITA FRIESEN

What we plant

Peaceful progress

As I write, this column on a quiet morning after the August long weekend, the day seems very peaceful. There's hardly a breath of wind and the air is clearer than the smoke filled skies of days past.

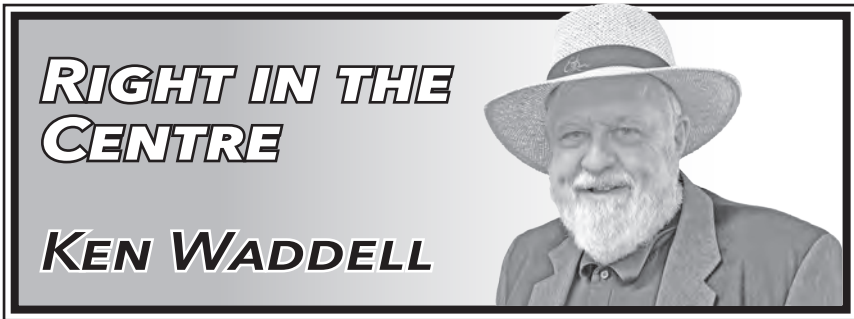
As individuals, we can take times for peaceful reflection, personal time to take in the thought that God is in control. Our personal peace is in our control in that no matter what happens, there's only so much we can do. At that at the end of the day, we must realize that, yes, there is only so much we can do. Psalm 46:10 reminds us of that:

He says, *"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

To me, the beauty of that verse is how it can be and should be a foundation block for our lives.

From that starting point, the rest of the day, the rest of our week and the rest of our lives should unfold with a bit less stress than it would otherwise.

In my world, our weeks are very repetitive. The world of our three newspapers is full of deadlines, story deadlines, advertising deadlines, print deadlines and delivery deadlines. So far, I am always wanting to get back to work Monday mornings but I am always happy to go home Friday afternoon. In the family owned newspaper business, there isn't much room for holidays. We are blessed to have good staff who can attend events and goodness knows there are many events. Now that my wife Christine and I are in our mid 70s, we must be careful in how much we schedule into our lives. This past weekend included a day at home doing yard work, a day of travelling to a family birthday party with a side trip at the end. Saw some beautiful country and met some



very interesting people. Yesterday, the long weekend Monday, we had a very skilled tradesmen father-son pair of window installers come in a replace the big old windows on the south side of the Neepawa Banner & Press building. This morning's schedule may well involve running a newspaper in and around the window guys installing the last three of nine big windows and yes, they are very big. I guess it was time to replace the windows as the originals dated back to 1932 and the storm windows likely back to the 1960s.

In keeping with the "Be still" theme, I will, for today at least, ignore that post-installation, there's some paint scraping that needs to be touched up and the front-end of the building needs rearranging, and, and.....! No, not today, maybe not ever, be at peace.

After 59 years of being employed and in business, after seeing children grow up, after four grandchildren and four great-grand children, after Christine and I both having several hospital stays and major surgeries, it becomes a little bit easier to "be still."

But that doesn't mean stop. There's still much to do and we, all of us, are called to do what we can to make our communities, our country and even our world better and stronger.

My job, I guess is to run three news-

papers, at least for now. My job is to encourage people to do their best, at least do what they can.

If there is one message for people and communities is to press for excellence. Good enough isn't good enough! We are called to excellence and we see the benefits of that all around us. We need to constantly upgrade our streets, our community facilities, our homes, our farms. My wife's motto for her quilt studio is "Done is better than perfect" and I agree with that, it's true. But that still means, you need to get stuff done. We all have stuff to do, get at it, all the while staying "still and peaceful. *Wife's Note: Sometimes we are paralyzed by wanting to get it perfect and nothing gets completed. Only God is perfect; we can only do our best. CMW*

People are designed to work, although I think some bureaucracies do their best to defy that plan. Every day, I see waste of time and resources along with bad planning and it drives me crazy.

Good planning, efficient work and time for rest and reflection makes for a recipe for success be it in our personal lives, business or government.

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.

A quote this week that stuck with me comes from 'The Man who Planted Trees', Jean Giono - "Because life, ultimately, is measured not in what we harvest, but in what we plant". It is an allegorical tale of Elzeard Bouffier, a shepherd who singlehandedly planted trees in a reforestation project in the foothills of the Alps. Every day he simply planted more trees and as the story concluded, a forest grew.

With today's climate, social and environmental, it is ever more important to plant; trees, flowers, vegetables, kindness, compassion, and mercy. What we are daily planting, planting daily, will bear fruit.

How many times do we see, and realise, that a quiet, almost non descript person in our community receives an outpouring of tributes when they pass. The individual never sought for recognition, never sought praise, never thought their quiet lives deserves being noted. And yet, the small, simple acts of caring and concern has changed their world. We often see that in tributes to teachers, and to see a homemaker, a community minded person receive wonderful tributes gives me pause to wonder—what impact will my words and actions have on others....One of my friends is quite obsessed with reading stories about the Holocaust. Story after story contains examples of one person's courage to stand for what they believe is right and just, even in the face of opposition and under the threat of loss of personal life. Would I have that same courage? We know of, and read of others who do without luxuries to help others obtain essentials. It's not just little old widows that give their pennies to good causes. There are families that see and respond to the needs of their family, community, and ultimately, their world. Quietly planting trees, not counting on the harvest, believing in what they are planting.

The book has become a bible for the conservation of the environment movement. Each one of us does has the ability to be a better caretaker of this earth. I happen to believe in planting actual trees, and I have run out of space to plant more! I did try not raking up the leaves in my back yard to allow winter hibernation for wee critters and crawlies but found I could not happily combat the slugs in the strawberry patch! And climbing up the sides of the raised beds!! So I rake the back yard. I acknowledge that the bees need the dandelions. I have succumbed to the temptation to spray my front yard for appearances sake, leaving the middle yard well populated with too many bright yellow pollen producers. It's a balancing act, and I don't always win or look noble...I read of those who see their life work as cleaning up shorelines, drainage ditches and waterways. Others take on invasive vegetation species, most that have been introduced by settlers. Bird houses dot by back yard and are no competition for the birds of prey that infest my neighbourhood. But I'm trying.

"Because life, ultimately, is measured not in what we harvest, but in what we plant.". Plant kindness, plant generosity, plant justice and mercy. May it be so.

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Canada

Controlling algae in ponds

Submitted
By PATRICIA HANBIDGE

Water in a landscape makes the ordinary—extraordinary! Somehow water finishes off the lovely ambiance we have in our outdoor living spaces. It attracts birds, butterflies and all sorts of other critters as well. However, this time of year the crystal clear ponds are often more like a rendition of pea soup! Read on to learn more about controlling algae in your ponds.

Algae are very primitive plants that do not have the regular plant parts like leaves, stems or roots. They reproduce by spores, cell division and fragmentation and just like land plants they need light, water, nutrients, carbon dioxide and oxygen in order to live. Knowing this is key to controlling algae as it is usually light and nutrients that will limit the growth.

The simplest method to control algae is to limit light and nutrients. Having plants cover a good part of the surface of the pond will aid in reducing algae growth. Limiting the amount of nutrients in the water will also help. Avoid using fertilizer around the pond as it is a great source of nutrients for the algae. It is important to have a balance between the size of the pond, the plant material and the number of fish. Do not overfeed fish as this is one of the fastest ways to increase algae growth. Rain, pollen and falling foliage will also create a surplus of nutrients that is ideal for increasing algae growth.

There are a number of forms of algae you may experience. Suspended or planktonic algae are very common and can quickly turn your clear pond into pea soup. Algae feed on the nutrients in the water and reproduce rapidly. When the nutrient level decreases, so will the algae population and the water will clear. When large amounts of algae die, it depletes the oxygen supply in the water which can also potentially kill fish or other animal life in the pond. It is also this anaerobic (without oxygen) water which can be rather foul smelling.

Bacteria play an important role in keeping your pond in balance. They actually feed on nutrients that are in the water caused by decomposing leaves and leftover fish food. They will also help to decrease the sediment often found in the bottom of the pond and will also help to eliminate odours.

As in most aspects of life – just a little balance is the answer. Ensure that floating plants like duckweed or hyacinths cover 50 to 70% of the pond surface. Submerged plants or oxygenators will help keep the water smelling fresh. These plants will also help remove dissolved nutrients giving the algae less available food. If you have fish in your pond and you feed those fish, it is sometimes as simple as limiting the amount of food you feed as this is a great additive for algae.

I have a large pond which has a waterfall and a pool skimmer to help ensure any debris is removed from the water prior to rotting thus reducing the amount of “food” for algae. However, when there is a lot of vegetative material, the pond quickly takes on a green hue. Unfortunately, the only place in my landscape where I could dig in a large pond is beneath a very beautiful and very old but self-pruning willow tree. Needless to say in spring, when it flowers, the pollen and catkins are instant algae food, thus requiring



SUBMITTED PHOTO

Relaxing and peaceful waterfall features are wonderful to have in your own backyard.

extra care when my tree is shedding!
As always there are a number of chemical solutions on the market that state your pond will become pristine if you purchase and use their product, but keep in mind that any of these “quick fixes” are not long-term solutions. Ensure you read the labels carefully and follow the manufacturer directions.
Once you have an algae bloom, it takes a couple of weeks to get that ecosystem back in balance. Patience is required in order to achieve a good natural balance.

SUN	MON	TUE	WED	THU	FRI	SAT
COMMUNITY CALENDAR					Aug 8	9
 10 Clack Brothers Museum Fun Day 10am - 2pm	11	12 50 + Club Pool 1pm	13 50 + Club Cribbage 1pm	14 Riverdale Harvest Food Bank 9:30 to 11:30am. Crib Rivers Legion 7pm Darts Rivers Legion 7pm	15 Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm	16
17	18 50 + Club Rummy 1pm	19 50 + Club Pool 1pm	20 50 + Club Cribbage 1pm	21 Crib Rivers Legion 7pm Darts Rivers Legion 7pm	22 Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm	23

Byelection for MLA of Spruce Woods

New for Spruce Woods byelection
Elections Manitoba offers digital voter information cards, more voting opportunities

Submitted
BY MB GOVERNMENT

Voting in the Spruce Woods byelection will be easier than ever, with more voting days and new digital voter information cards that bring election information to eligible voters' fingertips.

Election day for the Spruce Woods provincial byelection is Aug. 26.

Paper voter informa-

tion cards have been mailed to all registered voters in Spruce Woods.

What's new:
Options to download your voter information card

Spruce Woods voters can also get their voter information card for the byelection online.

The cards make voting faster, and can be used as a piece of ID, but you can still vote without one.

Eligible voters can get their voter information card online at www.electionsmanitoba.ca/register by:

- Confirming they are eligible and registered to vote

- Saving their voter information card to a mobile device or printing a copy

This card makes voting faster, by helping poll staff find an individual on the voter's list. The

card also suggests convenient voting locations and confirms the voter's registration.

What's new: More voting days at the local election office

The Local Election Office will have three additional days of voting, including voting on election day.

Vote at the Local Election Office from the start of advance voting,

Saturday, Aug. 16 until election day, Tuesday, Aug. 26.

The Spruce Woods Local Election Office is located at Unit 3, 811 18th St. N. in the Corral Centre in Brandon.

Ways to get voting information

Voters can always check their registration on Elections Manitoba's website. A complete list of polling locations and dates is shared there during an election or byelection.

The Local Election Office is also available for all election questions. They can help voters find out where and when to cast their ballot and help with registration or voter cards. Voters can call (204) 726-6111 or visit in person at Brandon's Corral Centre.

Spruce Woods residents who want a Voter Information Card can also email the local election office at SpruceWoods@electionsmanitoba.ca.

Update registration
Using the Elections Manitoba website for registration updates saves time at the polling station.

Voters can report any changes to their address or name online at electionsmanitoba.ca/register. A piece of ID — like a driver's licence — is needed for the update.

Eligible voters who wish to access their digital voter information card will have to first check that their registration is up to date.

The local election office can also help voters update their information on the voters list.

Spruce Woods Local Election Office

Unit 3, 811 18th St. N. in the Corral Centre
Brandon, MB

Telephone: 204-726-6111 | Toll-free: 1-833-891-1011

SpruceWoods@electionsmanitoba.ca

Hours: 8 a.m. to 8 p.m. daily except Sunday, noon to 6 p.m.

Candidate

Can you tell us a little history? Where were you born?

I'm a lifelong Manitoban. I grew up in St Boniface and raised about 500 people (1971-1972). I can relate to people who have more than one career in life. I moved to Brandon in 1979 because that's where I worked for the Liquor Commission and then I owned a small business and went on to work as a Probation Officer. Like most rural people, I took every opportunity I could to help my family and so over time I worked as a union rep, a teacher and the last few years as a pleasure of working for the MLA for Brandon East.

Why did you choose to run for Spruce Woods?

Manitoba has the friendliest people in Canada, and the people in Spruce Woods are the nicest people I've ever met. Like so many rural Manitobans, we live our whole lives with the community. I have a small home with a backyard and flowers in a friendly community with great neighbours. That's why we love living here and why we love living in a beautiful place to live but I don't want to imagine anywhere better.

Can we hear some details about your family?

Father to 3 children, grandfather to 12 children and great grandchildren with a 4th soon to be born. Well the first thing you know is that there's a lot of them. I have 12 grandchildren, then I have 12 great grandchildren, with more to be joining our family so reunions can get a bit hectic if you ask me.

Can we get a history of your path that led you to represent the people of Spruce Woods?

I've heard from more people since October 2023, that they want to know what his team are a listening group. That the more they see from the community, the more impressed they become. I was cut in Carberry, for example, to the community, and he said, "what, we're going back to the board. That resonated with me. I believe I would be a strong candidate for Spruce Woods, and that's even more done for Westman as one Manitoba."


Working with Wab Kinsella, Simard and the whole NDP team over the past couple years has been a great experience. They really care about rural Manitobans were not in the last government and deserve a government table, but the current government that is actually listening.

ElectionsXManitoba


SPRUCE WOODS BYELECTION

Advance Voting Starts August 16 | Election Day: August 26


A provincial byelection has been called in the Spruce Woods electoral division. Here's what you need to know.




Voter Information Card
Watch your mailbox or download your voter information card from our website.



Update or Register
Voting is faster and easier when registered before the election, but you can still register at the poll when you vote. Check online.



Work for Us
Apply to work for Elections Manitoba at a polling place in your community.



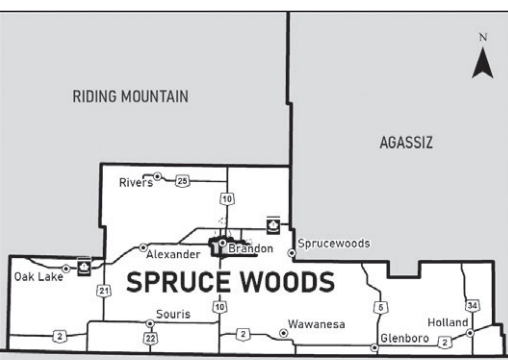
Extended Advance Voting
The local election office will be open for extended voting from August 16 to 26.

You must live in the Spruce Woods electoral division to be eligible to vote. You must also be:

- 18 years or older
- A Canadian citizen
- A resident of Manitoba for the past 6 months

Candidates must file completed nomination papers with the returning officer by 1:00 p.m. on Monday, August 11.

For more information:
204-726-6111 • Toll-free: 1-833-891-1011
SpruceWoods@electionsmanitoba.ca



Note: Spruce Woods electoral division includes North Hill of the City of Brandon.

electionsmb.ca

Spruce Woods ~ Election Day: August 26

Meet NDP Ray Berthelette

Can you tell us a little bit about your history? Where were you born?
I was born in Westman, where I attended Vincent Massey High School and Brandon University. I hold a Master of Education (Leadership) from Brandon University and a Certificate in Leadership and Management from Harvard Business School.

Why did you choose to settle in the Spruce Woods area?

I have a lot of lived experience, I've had different careers, I've built my own business, and throughout it all, politics has always been important to me. Specifically, my case management skills, and communication skills developed over time enable me to be a strong representative. I will bring up the issues on behalf of the Municipalities and residents at the government table so Spruce Woods would have strong representation in a listening government, which has not happened in a long time.

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

Well I've been hearing from the voters here for quite some time about infrastructure including roads and highways, improving Healthcare after years of cuts and firings, and community safety and policing. The previous government froze funding to all municipal police forces across Manitoba for years, and so when the NDP gave a 28% funding increase in their first Budget, we are starting to see the positive impacts of that.

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

This by-election won't change the government, so why not vote for someone who can work with Wab Kinew to fix healthcare, make life more affordable, and continue investing in Westman. I would have a voice at the table.

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

Our government is a One Manitoba government. We are constantly listening to the people and asking for their feedback. Wab Kinew and I believe that this is an opportunity for rural residents to have their voice heard at the government table rather than sitting on the sidelines.

Westman in a way that the previous government never did. We want the people of Spruce Woods to have a seat at the table as we continue improving healthcare, making life more affordable and funding the long overdue repairs to our critical roads and bridges.

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

I have a lot of lived experience, I've had different careers, I've built my own business, and throughout it all, politics has always been important to me. Specifically, my case management skills, and communication skills developed over time enable me to be a strong representative. I will bring up the issues on behalf of the Municipalities and residents at the government table so Spruce Woods would have strong representation in a listening government, which has not happened in a long time.

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

Well I've been hearing from the voters here for quite some time about infrastructure including roads and highways, improving Healthcare after years of cuts and firings, and community safety and policing. The previous government froze funding to all municipal police forces across Manitoba for years, and so when the NDP gave a 28% funding increase in their first Budget, we are starting to see the positive impacts of that.

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

This by-election won't change the government, so why not vote for someone who can work with Wab Kinew to fix healthcare, make life more affordable, and continue investing in Westman. I would have a voice at the table.

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

Our government is a One Manitoba government. We are constantly listening to the people and asking for their feedback. Wab Kinew and I believe that this is an opportunity for rural residents to have their voice heard at the government table rather than sitting on the sidelines.



Candidate Liberal Stephen Reid

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

I am proud to have been born and raised in Westman, where I attended Vincent Massey High School and Brandon University. I hold a Master of Education (Leadership) from Brandon University and a Certificate in Leadership and Management from Harvard Business School.

As an educator, I've had the honor of supporting students, their families, and communities in both elementary and high school settings. I've taught for over 20 years, 14 in Westman, and spent six years teaching internationally in Ukraine, Mexico, and Abu Dhabi.

Why did you choose to settle in the Spruce Woods area?

Apart from my years abroad, I have always lived in this area. Living in Brandon, I am located directly in the center of this riding, and always have been. I have many fond memories of my childhood, and of camping and fishing with my own children at Kitchi Manitou, Lake Wahtopannah, Oak Lake, the Souris River, and throughout our amazing riding.

I have supported families in this riding for years, and I am ready to bring my leadership forward to represent all the people of this riding in the Manitoba Legislature.

Can we hear some details about your family?

I come from a long line of community leaders. My father, Jim, was Deputy Mayor of Brandon for 15 years. My grandfather was the editor of the Brandon Sun, and my great-grandfather, J.R. Reid, was a prominent educator and leader who had a school named in his honor. Having grown up in a very service-oriented family, I've always considered running for office, and the time is now right. This is a clear opportunity for a Liberal to make strong gains in this riding.

I've been married for 21 years to a wonderful woman from Brandon, Alissa. We have two incredible sons, Lucas and Liam, who we are raising to be proud of their Westman roots. Alissa, also an educator, was born and raised in Brandon and has family roots in Glenboro and Alexander.

Can we get a history of your career path that led you to wanting to represent the people of Spruce Woods?

As an educator, I've had the privilege of being deeply connected to families in our community for many years. I've supported them through both celebrations and challenges. Over my career, I've spent 14 years supporting families in this region and have also had the incredible opportunity to work internationally with people from a wide range of cultures and beliefs. These experiences have given me a strong foundation in understanding, creative thinking, and collaboration.

In addition to my work in education, I've spent several years in the business sector, both locally and internationally. This experience has equipped me with key skills in sales, negotiation, and leadership skills that will serve me well in representing the people of this riding.

I've always believed in lifelong learning and have used that passion to become the best leader I can be. My studies at Brandon University and Harvard Business School have taught me how to lead by respecting diverse perspectives and ideas.

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

I believe I would be the best representative for

Spruce Woods because I've spent my entire career preparing for this role. I study leadership at a high level and bring a unique, collaborative, solution-focused, and global approach to problem-solving.

As an educator of more than 20 years, I know that real progress happens through honest, supportive collaboration. That's exactly what I plan to bring to this riding, to ensure our constituents get the best support for their concerns, no matter where the ideas come from.

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

One thing I've learned while speaking with residents is that the concerns of people in Spruce Woods are diverse, depending on where in the riding they live. Because our riding includes both urban and rural areas, the needs vary greatly. That's why we need a representative who can work effectively with both rural and urban communities.

Rural voters have identified key concerns such as rural health care, investment in our waters and parks, and senior housing. I will work to ensure that the funding recently distributed by the NDP, often seen as an attempt to buy votes, is used effectively and transparently.

Urban voters in Brandon have told me they feel left out. Since the riding was reconfigured in 2018, residents in North Brandon feel they have lost their voice, with representation focused primarily on rural issues. I'm here to make sure North Brandon is heard, especially regarding underrepresentation, crime, affordable housing, and education.

Because of the broad range of issues across this unique riding, we need someone with true leadership and collaboration skills to ensure all residents are represented.

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

To me, the answer is simple: listen, bring the concerns and ideas to the Legislature, and collaborate across party lines to find the best solutions, regardless of where the ideas originate.

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

Because the Manitoba Liberal Party has a smaller caucus, I will have the ability to shine a spotlight on the issues specific to Spruce Woods and work collaboratively to get the best outcomes for our riding.

Currently, Brandon West is represented by the PCs and Brandon East by the NDP. Electing a Liberal in Spruce Woods would mean local representation from all three major parties. I see this as a tremendous opportunity. With my commitment to cross-party collaboration, we can build agreements that benefit our riding more than a single-party approach ever could.



Why you might want to add Rhodiola to your wellness toolbox

PUBLISHED AUTHOR, HOLISTIC WELLNESS CERTIFIED HYPNOTIST (CH)

MARIE EVELYNE GINGRAS

Feeling a bit mind-foggy? Running on fumes? Like your get-up-and-go has officially gotten up and gone? If you nodded yes while sipping your third cup of coffee, it might be time to meet Rhodiola. This energy-boosting, stress-busting little natural root has been helping tired humans for centuries. And lately, more people are hopping on the Rhodiola train, hoping to feel a little more human again.

Rhodiola is what folks in the herbal world call an adaptogen. That is a fancy way of saying it helps your body and mind handle stress like a champion. Instead of letting your stress hormones run wild, Rhodiola helps keep things balanced. It is like giving your nervous system a warm cup of tea and a pep talk without the crash that follows a sugar-filled snack or that jittery fourth espresso.

Now, let us talk energy.

Not the wired, bouncing-off-the-walls kind. Rhodiola offers a clean, steady vibe. It helps your cells use oxygen better, which means less feeling like a sloth and more feeling like someone who wants to fold laundry or go for a walk without needing a nap afterward.

Rhodiola is also a solid pick if your brain has been buffering lately. If you have forgotten your PIN three times this week or stared at the fridge wondering why you opened it, you are not alone. Rhodiola will help sharpen your focus and clear away that mental fog. Think of it as a gentle nudge for your brain to get back on track.

Mood-wise, it has some benefits too. Rhodiola is known to support those happy brain chemicals (serotonin and dopamine) so you might notice a little lift in your outlook. We are not talking fireworks and unicorns, but more like

a return of your “I can handle this” attitude. And sometimes, that is exactly what you need to get through a rough week. It helps you adapt to life.

I love it! Even athletes and weekend warriors love Rhodiola. It has a reputation for boosting stamina and helping muscles recover faster. Whether you are training for something big or just trying to make it through your spin class without crying, it might give you that extra edge.

Of course, it is smart to check with your health care provider before diving in especially if you are on meds, pregnant, or breastfeeding. Look for a quality source, start with a low dose, and see how your body responds. Everyone is different, but many people start feeling the benefits within a day or two.

So, if you are tired of being tired, draggy, and irritated, Rhodiola could be the natural little boost you have been looking for. It is like a supportive friend in root form. Calm, energizing, and quietly encouraging you to take on the day without needing to hide under a blanket.

MENTAL HEALTH AWARENESS

DELSIE MARTIN

In my last article of Your Listening Ear, we talked about the importance of structuring and preparing a serious conversation with your partner. This article, we will talk about inviting your partner into conversation. These tips can really be used for any serious conversation, but we will speak in terms of relationships here.

When you are inviting your partner into conversation it's essential to approach them in an open and inviting way. The first way you can show that you are inviting them into conversation is to create an attuned environment by turning off the TV, putting away laptops and phones, closing the door etc.... You can show an open invitation by the words that you use. Ensure that they are direct and to the point. If you have a partner who is anxious about having serious conversations you can start your invitation with, “I don't want you to worry but I want to talk with you about our finances right now”. Dur-

Inviting your partner into the conversation

ing serious conversations with anxious partners, it can also be helpful to share with them, “I'm not going anywhere”. Physically, your body posture should be open, don't cross legs, cross arms, drop head. An open body posture makes the nervous system feel settled and is less threatening. A lot of people will mirror the body language of the person who is attuning to them so you may find your partner adopting that same open posture, allowing for their brain to open in same way. The couple cannot fear each other. People struggle because one or both partners have a fear of being berated, yelled at, or spoken down to. This threat could be real (in the case of mental/emotional abuse) or could be imagined. If your partner has been in an abusive relationship in the past, helpful statements could be, “I want to tackle this WITH you, I am not going to hurt you” or “I want you to feel safe talking to me right now” can put them at ease.

Adult attachment says that our attachment styles that we develop in childhood affect how we feel about and communicate in our intimate relationships. Secure attachment being the quote on quote normal, it is looked at along two dimensions

1) Attachment anxiety- An anxious attachment style in childhood (caregiving and/or emotional support was inconsistent. These individuals worry that their partner will reject or abandon them and deem them unworthy of love.

2) Attachment avoidance- An avoidant attachment style in childhood. Caregiving and/or emotional support was neglectful or abusive. These individuals feel uncomfortable with closeness and connection. They can at times do a swing toward extreme independence and have trouble seeing the value of connection in intimate relationships.

The motivation to address problems has two facets, an approach and an avoidance. An anxious attachment style fosters a tendency to consider approach but end up avoiding (a person would like to have an important conversation with their partner but does not because they are afraid) and an avoidant style tends to not even consider the approach (the person doesn't even consider the value of attempting the conversation or the value isn't worth the risk and effort). The experience of an avoidant individual is that they don't get a whole lot of reward and positive reinforcement from their daily emotional encounters, so they don't see a point in attempting with their intimate partners. Anxious individuals are surrounded by so much fear and second guessing themselves in their daily emotional interactions that although they understand that approaching is important, they are afraid to and ease that fear by avoiding the interaction altogether. Studies show that when a threat to the relationship occurs, avoidant individuals will distance themselves from the relationship as a protective mechanism. Anxious individuals can become clingy and if this doesn't work, actively distance.

Now that you've invited your partner into conversation, we have to have the conversation. Next time in Your Listening Ear, we will delve into the conversation.

In my Opinion:

By Gerry Nolan
RIVERS BANNER

Sonya Pasqua and Michael Sinclair pleaded guilty to manslaughter after their son Gabriel who was 18 months old died from scalding hot water in his diaper and a blunt force head trauma. The scalding was so severe the boy should have received immediate care, but the parents did not seek help and tried to treat the burns with honey.

As a newborn baby, his mother tested positive for cocaine, alcohol and marijuana. The baby was taken by Social Services but returned to his parents a few months before he died. The boy died of a blunt force trauma to the head and the untreated burns which led to sepsis.

The parents told the court that they were heartbroken over the death. The father said he did not know why he did not have the courage to call an ambulance.

The Judge of the Court of Kings Bench said that Sonya and Michael's actions indicated a wanton disregard for their son. The parents were found guilty and were sentenced. The couple apologized for their behaviour. The lawyer for the couple said, everyone makes mistakes and believes their apology was sincere. He went on to say the best scenario of the sentencing is they will get rehab!

Sinclair has been given a 3-and-a-half-year credit for time served in custody, and Pasqua received 1-and-a-half-year credit for time served. This incident took place in 2021.

Honestly, when I heard this, I just felt sick! How in the world does someone do this to an innocent, defenseless baby? How could the court be so lenient? What the Hell is wrong with this picture and with the court system? I do not believe their apology is worth anything. It is more likely to save face and put on a show to shorten any sentence they may receive. I simply call BS! Why does the court have the power be so unjust, so lenient, yet seem to feel this enough punishment for this couple. What do you, the reader of this article, feel about this sick, sick way of 2 people who destroyed a human life? It makes me sick to just write this article, but people, this is a true story, and this is how our country is handling these situations that are clearly from the pit of Hell itself! We are in big trouble folks, big trouble. Do they deserve a second chance? In my opinion, not these 2 people. They have destroyed one life. Why would they get a second chance? This is about as bad as it can get. Human life seems not to be valuable anymore, and our government stands by and does NOTHING!

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Select Employment link then Support Staff Positions link.

Notice



NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

August 28, 29, September 2, 3, 2025

between the hours of 8:30am – 12:00pm & 1:00pm – 4:00 pm at the following

location: **Riverdale Municipal Office, 670 2nd Ave, Rivers, MB**

We will receive nominations for the office of **Councillor** of the aforesaid Local Authority.

The nomination deadline is September 3rd, 2025 at 4:00pm. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Marci Quane, Senior Election Official
(204) 328-5300
cao@riverdalemb.ca

or

Laura Gill, Election Official
(204) 328-5300
aao@riverdalemb.ca

Dated at Rivers on July 21st, 2025
Marci Quane
Senior Election Official
Riverdale Municipality

<https://riversdaly.ca/> | 204-328-5300 | cao@riverdalemb.ca

Coming Service

SERVICE NOTICE FOR MARY DOREEN BATE



Doreen passed away peacefully with family by her side at Wawanessa Personal Care Home on Tuesday, July 1, 2025 at the age of 99 years. A celebration of Doreen's life will be held at Rivers United Church, 347 Main Street, Rivers, MB, on Saturday, August 16, 2025 at 11:00 a.m. Arrangements are in care of Brockie Donovan Funeral & Cremation Services, (204)-727-0694.

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SPORTS

BEEVER NAMED SWBL MVP, TOP PITCHER

By Robin Wark
RIVERS BANNER

For the second straight season, Scott Beever's pitching prowess and production at the plate has earned him the South West Baseball League's Most Valuable Player Award.

He was also named the league's Top Pitcher. Beever helped the Rivers Comets make it to the SWBL North Division finals. The Rivers product was honoured by the MVP award and took time to praise his teammates.

"It means a lot," he said. "There are a number of good players in the South West League and to be named MVP is something that I take pride in. I really enjoyed coming to the ball park this year and competing with the group of guys we had this year. I think it makes it a lot easier to have success when the guys around you are all pushing you and the team forward."

Beever's impact goes far beyond just his own impressive on-field performance. Comets player/organizer Mike McFadden said:

"Beevs is a leader through and through. He's the driving force behind the Comets. He's been the best pitcher in the league for a number of years running but what he can do offensively is underrated. He's able to produce mega for us during the game all while also managing the team - setting lineups, planning substitutions and coaching

the bases. He sees the game as a true ball player and his greatest passive asset is all the knowledge and experience that he freely shares with all his teammates."

Beever was dominant on the mound this summer. In 37 innings, the hurler struck out 67 batters and walked only five. He threw four complete games. Beever paced the SWBL with a 1.32 earned run average and a 0.81 walks plus hits per inning pitched (WHIP). He fanned 18 batters in a June 13 win over Hamiota and 13 in a victory versus Virden on June 23. In two other contests, he struck out 12.

When not on the mound, Beever played shortstop and third base. He produced at the plate. Beever batted .422. He was tied for the team lead in runs batted in at 11 with Mike McFadden.

Payce Warkentin of Brandon's RFNOW Cardinals was the SWBL batting champ with a .607 average. Connor Martin of the Boissevain Centennials was selected as the Rookie of the Year.

The Wawanesa Brewers' Chris Hendrickson won the Mark Minor Award. The award honours Minor, a former Lyleton Leaf, and is given to "a player who shows dedication, sportsmanship to their team and community."

Last fall Hendrickson donated part of his liver to friend and former teammate Drew Allen. This past season he was second in the SWBL in innings pitched, to Beever, with 32 and two-thirds.



PHOTO BY JESSICA COULTER

MVP, Rivers Comets #32 Scott Beever

DODGERS, CENTS COMPETE FOR SWBL CROWN

By Robin Wark
RIVERS BANNER

The Oak River Dodgers are battling the Boissevain Centennials for a championship.

In the South West Baseball League finals, the Centennials led the Dodgers, 2-1, as of August 5, in the best-of-five series. The series was knotted up at 1-1 after two contests. The Centennials took the lead with a game three victory. Game four was slated for August 5 but was postponed due to weather. It was rescheduled for August 6 in Rivers, after the Banner deadline.

It is a match-up of the two best teams from the SWBL regular season. The Dodgers went 13-2-0 to finish on top of the SWBL North Division. During the postseason, they beat Hamiota, 2-1, and the Rivers Comets, 3-1. In the South Division, the Boissevain squad finished first with a 12-2-0 record. During the

first two rounds of the playoffs, the Centennials beat Wawanesa, 2-0, and Brandon's RFNOW Cardinals, 3-0.

SWBL Finals

Game Two

Dodgers 3, Centennials 2

As previously reported in the Banner, the Centennials won the first game of the series, 24-3, on July 28. That secured the Boissevain team home ice advantage for the series. However, playing on the road in game two, the Oak River squad prevailed, 3-2, on July 29.

The dynamic pitching duo of Mitch Battersby and Ty Paddock as well as the Oak River defence kept the Centennials at bay - allowing only five hits. Battersby earned win. He struck out seven over 5.66 innings. Battersby allowed two runs, only one earned, on four hits. Paddock picked up the save as in 1.33 innings he did not allow a run and only one hit.

The Dodgers trailed 1-0 after three innings. They

scored all of their runs in the third. Ty McKenzie drove in two runs, while Brayden Heapy had an RBI. The Centennials got one run in the fifth frame but were unable to tie things up.

Game Three

Centennials 8, Dodgers 2

On July 30, the teams clashed for the third straight evening. The visiting Oak River team got out to a 2-0 first inning lead. Paddock drove in both runs. However, the Dodgers were unable to push any more runs across the plate.

The Centennials scored one run to cut Oak River's lead to one, 2-1. The hosts then grabbed the lead by scoring five in the fourth. They added two in the sixth.

For Oak River, Kaden Rozdeba struck out 4. He allowed six runs, five earned, on six hits in 4.66 innings. Riley Shamray pitched in relief. He surrendered two runs, both earned, on four hits in 1.33 innings.

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Pool safety strategies to keep in mind this summer

Submitted
By METRO CREATIVE

Pools are great spots to beat the heat and enjoy some exercise. They're also ideal spots for children to socialize with their friends away from screens.

As inviting as pools can be, it is important that swimmers recognize that safety is paramount, particularly for those who have the benefit of backyard pools. In Canada, an average of 36 people drown in pools each year, according to the Lifesaving Society. This accounts for about 8% of all unintentional water-related fatalities. Most pool drownings occur in private pools.

Pools are fun spaces that should not elicit fear. These swimming pool safety tips can help safeguard swimmers of all ages.

Install barriers

Barriers like tall, self-latching fences and gates (with vertical panels not easily scaled) can deter unmonitored entry into a pool area. Such safety precautions are mandatory in many towns and cities, even if there is a separate fence around the perimeter of the yard. Additional safety precautions can include special ladders that roll down or lock for above-ground pools, and alarms that sound if someone opens a pool gate without homeowners' knowledge.

Close supervision

Lifeguards are stationed at public pools to keep careful watch of swimmers. The role of lifeguard at pools on private properties must be filled by responsible adults. Children should never be allowed to swim without someone monitoring the water at all times. Swimmers should be asked to exit the pool in the event the adult monitoring the pool needs to head indoors for a minute or if the adult's attention is pulled elsewhere while

outside. When hosting a pool party, hosts can consider hiring a lifeguard to watch the pool so they can handle hosting duties elsewhere.

Learn to swim

Although it's possible to drown in mere inches of water, the likelihood of drowning is lower for experienced and skilled swimmers. Enroll children in swim lessons so they can learn the proper techniques. Until kids' swimming skills are strong, it may be advisable for them to wear a Coast Guard-approved life jacket when in the water. Inflatable water wings and other devices are not guaranteed life-saving devices.

Keep the pool clean

A pool should be properly maintained and sanitized to remain a safe space. The primary pool sanitizers include chlorine and bromine, which help prevent algae and bacterial growth. Maintaining a proper pH in the water increases swimmer comfort and helps the sanitizer work optimally.

Dive carefully

Swimmers should always enter the pool feet-first, unless there is a diving board and a safe diving depth. The standard diving depth for pools in Canada, par-



PHOTO BY METRO CREATIVE

Together we can make waves. Water safety saves lives.

ticularly those with diving boards, is generally 8 feet (2.4 meters) in the deep end, but some municipalities have their own recommendations. A depth of nine feet often is recommended for safer diving.

Walk, don't run

It's tempting to run around the perimeter of an inground pool, especially when kids are having fun. But wet surfaces become slippery, and it's easy to slip and fall, risking injury or falling into the pool water.

Swimming pool safety is vital to keep everyone out of harm's way.

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