FRIDAY, OCTOBER 11, 2024 · VOL.117 No. 5 · RIVERS, MANITOBA



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



THE GERIE HALLER HAUNDED FOREST IS OPE Proceeds headed for Westman Dream for Kids



By Jessica Coulter RIVERS BANNER

or the fifth year in a row, Irene Fidler has put together a phenomenally spooky haunted forest for everyone over the age of twelve to enjoy. This year the Haller Haunted Forest ran October 3, and 4. It will also be running October 10, from 8-10pm and October 11 and 12, from 8-11pm.

More decorations and tin were donated to Irene this year to help expand the haunted forest again. Irene and her volunteer crew were able to add another building and scare area.

"I could not do this without volunteers. Some have helped set up, some have helped reset up and fix items after the first windstorm and some have helped with encouragement.

read more about the Haunted Forest on page 2...







Chase Airey showing Champion Bull Calf HTA Excalibur 449M.



Champion Heifer --Swindon Ranch--Seldom Rest Sandy 3031 Justin Carvey at halter From left to right Darren Carvey, Judges Terrance Vodon, Kolton McIntosh, Ty Nykolation .

TONS OF SPOOKY FUN AT HALLERS HAUNTED FOREST

continued from page 1

I have up to 30 volunteers this year who are helping scare and make the event a success," says Irene.

The money raised from this event goes towards Westman Dreams for Kids. "It is a lot of work, time and money but it fulfills two passions for me. My love of providing the scare factor for all those people out there.

"Secondly, to be able to help at least one sick child's dream come true or help their family be able to afford staying with their sick child. I have had many challenges this year hail damage, and two destructive windstorms but it is all worth it for that one child."

Unfortunately, due to the windstorm on October 5, the evening had to be cancelled,



This Polaris Ranger makes multiple trips to the haunted forest with supplies for setting up.

but Irene is working hard this week to get everything fixed up that can be fixed to be fully ready for another weekend of chills and thrills from all the haunts in the forest. She is hoping for some great turns out this coming weekend.

Be sure to head on out to the mysterious Haller Haunted Forest for a ghostly good time and help support a great cause, Westman Dreams for Kids.

Exhibitors from across Manitoba and Saskatchewan attend Black Gold Classic

Submitted By Joan Airey September 28 Virden Agricultural Society Fairgrounds was the site of the third annual Black Gold Classic fall cattle show for all breeds.

Great weather greeted spectators and exhibitors to the show. Black Gold Classic Committee is made up of Cody Renz, Naomi Best, Amanda Scott, Everett More, Greg Tough, Ashlee Mitchell and Trevor Nolan. Judges for the day were Terrance Vodon (Virden), Ty Nykolation (Crandall), and Kolton McIntosh (Ericksdale).

"Three years ago, we were sitting visiting after the cattle show in Oak Lake. Cody Renz and I decided we needed a fall cattle show in Virden. Facilities were there and if you don't use them, they plunge into disrepair. We felt a show for people to use as a prep for the major fall shows would work. I phoned a few people to join the committee and it's working really well. The local business community has given us phenomenal support allowing us to organize the show and we receive lots of positive feedback from exhibitors. The first year we had seventy entries now it's at least a hundred head." said Everett More.

There were forty-seven heifer calves in the heifer calf class which were split into seven classes. Champion Heifer was owned by Freyburn Farms-Freyburn Blackbird 36M. Reserve Champion owned by Horner Cattle Company-HFL Rose 4034M.

There were sixteen bred heifers in the bred heifer class. Champion was owned by Swindon Ranch -Seldom Rest Sandy 3031. Reserve Champion was owned by Northern Light Simmentals- Brooksland Lainey 313L.

Futurity Bred Heifers had six entries (they had to be shown as calves) Champion Futurity Bred Heifer was owned by Freyburn Farms-Feyburn Rally Missie 22L. Reserve Champion was owned by More Bros Simmentals -More's Ms. Laya 22L.

Champion Futurity Cow/Calf Pairs was owned by More Bros Simmentals-More's Ms. Karma 203K and More's Marshall 402M. Reserve Champion was Gurr's Simmentals -Gurr's Miss Kansas 3K and Gurr's Mr. Maverick 3M. (to be in the Futurity Cow/Calf pair they can to have been shown as a calf and bred heifer at the Black Gold Classic).

The bull class had thirty-six entries. Champion bull was owned by HTA Charolais -HTA Excalibur 449M. Reserve Champion was owned by Horner Cattle Company- HFL Longview Long Shot ET 4074M.





FAITHFULLY YOURS **NEIL STROHSCHEIN**

One advantage of growing old

This coming Monday is Thanksgiving Day in Canada. On this day, we are encouraged to reflect on the things we have received, the good times we have shared, the hard times we have endured and the lessons we have learned in the past 12 months. From these categories, each of us should be able to list many things for which to give thanks.

Over the next few weeks, I want to share some items from my list. This week, with apologies to the late Bob Hope, I want to say "Thanks for memories."

Although I am a farm kid and sometimes believe that I have more dirt than blood in my veins, my memories of the farm and farming are about as primitive as they come. I am awestruck by the incredible advances in equipment and technology used by today's farmers. I would be totally lost trying to operate any of today's farm equipment.

Join us Sundays at 10:30 a.m.

COMMUNITY

447 Edward Street ~ 204-328-7882

RIVERS

Our farm had one tractor-a 930 Case-the kind where the seat hung out over the back drawbar. It had a 6-speed transmission, hand clutch, live Power Take Off and only two hydraulic circuits. We used that tractor for all the fieldwork and choring our small farm required. And since it had no cab, we had to bundle up when doing early spring or late fall tillage to protect ourselves from cold temperatures and brisk winds. But, as we all did in the 1960s, we made do with what we had. It was all we could afford.

The same applied to our farm truck-a 1949 Mercury 2-ton; with a V-8, valve-in-block engine and a four speed transmission that had a top highway speed of 35-40 miles per hour. Like our tractor, that truck also did everything. One day it would be hauling grain to the local elevator. The next day it would haul pigs to market and the day after it would make a trip to the local mine for a load of coal. I took my Driver's Ed in that truck. With three quarter sections of open field for practice, I soon became quite proficient as a driver-but not sufficiently skilled to avoid breaking two rear view mirrors on the truck.

Ours was a mixed farm. Wheat was our cash crop.

Oats and barley were ground into feed for our livestock (dairy and beef cattle and market hogs). There was always more work to do than there was time to do it-but by working together, we got it all done.

And on the second Sunday in October, as we gathered for our Thanksgiving service, we were greeted by a display of every conceivable kind of fruit, vegetable, melon, squash, gourd and home preserve our church family could put together. And that display often included two huge bouquets of Gladiolus-grown, picked and arranged by my mom.

It's been 55 years since I left the farm to begin my training for ministry. But memories of those years are just as vivid today as they have ever been. I thank God for those who guided my personal, intellectual and spiritual growth during my years on the farm.

Those lessons have remained with me. I have not always lived by them as consistently as I should have. But when I have strayed, they have brought me back to the core beliefs that have been the foundation of my faith since childhood and that continue to guide me today. And so today, I can say: "Thanks Lord, for these memories."

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Westman Canadian Reformed Church

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

Worship Services

Sundays at 10:00am

RAPID CITY COMMUNITY CHURCH Sundays 10 a.m. Children's Church during the message Bible Study - Thursdays 7:30 p.m. JESUS IS LORD

By Chad Carpenter



55 years in the making

ifty-five years ago on Oct. 11, ➡ it was a Saturday and it was a bit cool and blustery. It can easily be said that it was the most important day in my life. Christine and I got married that day in the Virden Presbyterian church. Our wedding reception was at the former Scarth School which, by 1969, had been converted into a community centre.

It was a memorable day that included family, good food, some nice fiddle music played by Alex Milne. It also included a very weak speech by me, a disappointment to my wife.

Christine parents were Henry and Jean Lobel and her family still lives at Scarth and are very active members in the Virden area.

We were university students and it's amazing that we were able to somehow afford to get married, rent a one bedroom apartment in the Fort Rouge area of Winnipeg. Our wedding took place on Thanksgiving weekend. What better weekend to get married. Our honeymoon was a night in a little roadside motel and a Sunday drive in the valley north of Virden. I believe we explored an old stone church and enjoyed what was left of the fall colours. By Tuesday morning, we were back at class at U of M.

The next year was a whirlwind. By our first anniversary, I had graduated with an Ag degree, Christine with a Teaching Certificate and a one year of Arts. I had served a term on the U of M Senate, finished off working with the Manitoban, the U of M newspaper and moved to Carberry to work for Carnation Foods (now McCains). I worked a term position at Brandon University with she agrees, we have been blessed the BUNTEP program, moved back I summarize our life with words of of the newspaper staff. to Winnipeg to work on a tomato a hymn.



Through all this we have been blessed.

greenhouse research project. Oh yes, and had our first son Michael. By January 1971, we had moved to Neepawa and now 50 plus years later we are pretty much rooted in the western Manitoba scene.

Now we have two sons, a daughter-in-law, four grandchildren, two grandsons-in-law and four great grand sons to fill out the family package to date. We have farmed, run an auction business, operated a newspaper for 35 years and now are responsible for three community papers and a local TV station. Just on a trivial note, I can say I have been in publishing for 58 years as my first one was in 1966. We have had financial challenges, political wins and losses and numerous health challenges. The most recent and serious one has been Christine's battle with cancer and chemotherapy. She is recovering but it's a slow and arduous process but she is doing much better.

Through all this, and I won't speak for Christine, but I think

"To God be the glory, great things he has done!

So loved he the world that he gave us his Son.

who yielded his life an atonement for sin,

and opened the life-gate that all may go in.'

I have made lots of mistakes, said some things I shouldn't have said but I stand by all that is above in this column. We have been blessed, and assailed with some troubles but nothing earth shaking.

We are blessed by God and with family. Blessed by this part of Manitoba and by all the communities we live and work in. Blessed by many great people we currently live beside and were blessed by those who have passed away.

Today we hear a lot of "F" words but I have four of them-Faith, Family, Friends and Finances. Just be sure to keep them in that order. Disclaimer: The views expressed in this column are the writer's personal views and are not to be taken as being the view

ASSOCIATION



Thanksgiving...

There is a day set aside for giving thanks. Perhaps we do need a reminder to be grateful. It should be a daily practice. As I mature- read that get olderit becomes more and more necessary to be thankful, to recognize the many great people, and things, that fill my life. I have family, friends, food, faith and there are times when I would list them in different orders of significance.

Laundry. I love doing the laundry and am hard pressed not to wash clothes that aren't even dirty. There is a deep satisfaction for me to be able to, without much effort, wash, dry and put away a plethora of clothing and household items. I heard stories of my maternal grandmother, the one who raised twelve children on a farm, welcoming a trundle washer that was powered by an electric motor. No more arm killing hours spent scrubbing on a wash board or swinging the arm of the half circle washing tub. The clothes line was the constant, winter and summer, often needing a strong tree branch of piece of lumber to help support the weight of the wet laundry. I watched my mother welcome the wringer washer; still heating the water and bucketing the waste water outside. Wet washed items where piled high until it was time to change the wash water to the rinse water, and then they were lugged outside to the clothes line. I watched the household welcome the electric clothes dryer, saving many a frost bitten finger or nose. (I do miss the smell of fresh frozen laundry thawing while draped over doorways and chairs- but I don't miss that enough to replicate it!) My routine now consists of loading a washing machine, pressing buttons, adding detergent and walking away. For most of the year I still use the great outdoors as the dryer, because I have that option. I am thankful for laundry!

Wonders of a warming oven

Kitchen aids....both of my grandmothers had household help after the children left home. That gave them time to grow gloxinias, play with grandchildren and go visiting. I heard the stories of my maternal grandmother, the mother of twelve, having a summer kitchen so that the constant cooking wouldn't overheat the house. I heard of the wonders of the warming oven that served as an incubator for my preemie aunt; the bed warmers that were heated in the oven and sent upstairs with the children; the wonder of the kettle simmering on the back burner for coffee on demand. I saw my mother embrace the electric gadgets in her kitchen, from yogurt makers to dehydrators. I am thankful for the microwave!

And modern travel! I heard of my grandparents relying on horsepower to get to town and go visiting; horse powered transportation and horses for all the farm work. I saw my parents enjoy travel across North America with a mostly reliable vehicle. Currently I hold title to what I consider a luxury vehicle- larger than I need, more comfortable than I could imagine, and reliable!

These are only some of my daily thank yous. The safety of my home, community and country are huge. Take time to reflect on what all we have that is thank worthy.

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News Media Canada





Counting our blessings

This past week we had sick kids in our house. Between ear infections and sleeplessness and coughing and runny noses and endless laundry I found myself complaining, and if I'm being brutally honest, ungrateful.

But I was truly stopped in my ungratefulness as I watched the footage of the flooding and damage from hurricane Helene and in the midst of the heartbreak, the fear now with the impending hurricane Milton.

It was a stark reminder to me that the things that annoy me and the things I complain about, should not be.

So today I just want to take a moment, to take pause, and to hold space for all those that have storm prepped, evacuated, and are starting over again.

For those that came home to their homes destroyed only to turn back around to evacuate again. For those who have lost loved ones who may never be recovered. For those who can't evacuate and are praying desperately on their knees for safety. For those that have had to ration their food and water for their children because they are stranded and don't know when help is coming. Today I am on my knees praying for you, my heart breaking with yours.

Today I am reminded, as this horror unfolds in our neighbouring country, that my house still stands, my loved ones are alive and around me, my children are safe, I have food and water, I have electricity and heat. My complaints should not be complaints at all.

As the world watches and waits, as we hold our breath, as Florida braces for yet another devastating impact. As those sitting in vehicles, grid locked on the highway, praying they make it out before the surge hits. As the elderly, the sick, those without means to evacuate sit and pray. I am reminded of the power of prayer and Gods sovereignty in ALL circumstances. I am reminded that he brings out the best in people during hard times, he brings them together to help one another.

For every devastating video I have watched this week, I've seen one of people on horseback rescuing families, hauling in supplies. I've seen helicopters air rescuing people and animals, dropping cases of water to people who's roads have washed out.

So today, whether you believe in God or not, whether you pray regularly or not, whether you are watching this unfold or not, please take a moment to send up a prayer, a thought, a kind word for those walking through unthinkable circumstances.When you open your eyes, I want you to look around you and count your blessings, be reminded that your home is standing, your family is safe, you have food and water and to be filled with an undeniable sense of gratitude.

Every Vaccine Counts! PMH, it is time to get vaccinated

Submitted

By Prairie Mountain Health

We are heading into Respiratory virus season. Respiratory viruses are common and tend to spread more easily during cooler weather when Manitobans spend more time indoors with others. Influenza (Flu) and Covid viruses are contagious and can have similar and overlapping symptoms.

The BEST ways to reduce your risk and potential complications:

Get vaccinated, stay home when sick, wash your hands frequently, coveryour cough/sneeze, and wear a mask in highrisk situations.

This respiratory virus season, updated Covid and Flu vaccine doses are recommended for all Manitobans 6 months and older. It is especially important for individuals who are considered high risk, those over the age of 65, and children under 5 years of age.

Manitoba Health offers Pneumococcal and High-Dose Flu vaccines to people 65 years and older.

In 2023/24, approximately 25% of the population received flu vaccines and 19% received COVID-19 vaccines. A significantly higher rate was seen in the 65+ age group (54% for COVID-19 and 60% for flu). This year, our goal is to prevent missed opportunities and reach those individuals at risk for severe illness sooner. We will offer vaccines at more access points; more providers will be offering vaccines.

You can get your Flu, Covid and Pneumococcal vaccines at a local community clinic, pharmacy, or your Primary Care Provider. All vaccines can be given safely at the same visit. It is recommended to receive your Covid vaccine 6 months since your last dose. Talk to your healthcare provider to determine the best time to vaccinate you.

Prairie Mountain Health (PMH) Flu and Covid Vaccine Clinics will start October 24th. Starting October 5th visit our website for a full list of flu/COVID vaccine clinics and locations throughout the region or follow us on our Social Media pages (Facebook, Instagram, Twitter).

Once again, this year, you can book your vaccine appointment online or call toll-free at 1-844-626-8222 starting October 5.



• Kids' activity

westoba.com

I-877-WESTOBA

Flu & COVID Vaccines Book your appointment Call: 1-844-626-8222 PRAIRIE MOUNTAIN HEALTH or Online at prairiemoutainhealth.ca **EVERY** Appointment Preferred | Walk-ins accepted **VACCINE COUNTS!** Bring your Manitoba Health Card and Consent Form. SCAN ME Town Date Location (including address) Time Oak River Wed. October 30 12 pm to 4 pm Oakdale Seniors Home (30 North Railway) Mon. November 4 Rapid City 12 pm to 4 pm ValleyView Senior Centre (380 3rd Ave) Rivers Legion Hall (633 Second Ave.) Rivers Mon. October 28 11:30 am to 6 pm

Westoba

HAMIOTA DISTRICT HEALTH CENTRE FOUNDATION INC. ANNUAL GENERAL MEETING FRIDAY, OCTOBER 25, 2024

1:30 PM Basement Board Room

ALL MAY ATTEND BUT ONLY MEMBERS CAN VOTE MEMBERSHIPS \$10.00 FOR 3 YEARS



Manitoba 4-H council to host second annual **Green Tie Gala** in support of youth programs

Submitted By Shannon Carvey

Manitoba 4-H Council Inc. is excited to announce the Second Annual Green Tie Gala, a fundraising dinner aimed at supporting provincial programs and expanding opportunities for youth members. The event will be held at Assiniboia Downs in Winnipeg on Wednesday, November 6, 2024, and will coincide with the National 4-H "Show Your 4-H Colours" day. Funds raised through this event will play a crucial role in ensuring 4-H Manitoba can continue to offer transformative learning experiences to youth across the province.

"We are thrilled to once again bring together our 4-H community for an unforgettable evening of connection and celebration," says Shannon Carvey, Executive Director of Manitoba 4-H Council Inc. "This event is not only an opportunity to support the next generation of 4-H members, but also a call to our alumni to reconnect with their fellow club members, share their stories, and reflect on the impact 4-H has had on their lives. Together, we can ensure today's youth continue to benefit from the same enriching experiences that shaped our own journeys."

With roots that began in Manitoba, 4-H is proud to be celebrating 111 years as one of the most respected positive youth development organizations in Canada. 4-H Manitoba has over 1,400 members and 400 volunteers, all working toward the common goal of helping young Canadians "Learn To Do By Doing" in a safe, inclusive, and fun environment. Through hands-on experiential learning, 4-H nurtures responsible, caring, and contributing leaders who are dedicated to positively impacting their communities in Manitoba, across Canada, and around the world.

Manitoba 4-H Council Inc. encourages alumni to attend the Green Tie Gala to reconnect with fellow members, celebrate their shared history, and contribute to the future of youth programming. Together, we can build a brighter future for the next generation of 4-H leaders.

Tickets on sale now via the website 4h.mb.ca/ green-tie-gala/



To Review Maximum Allowable Charges And Fees For Payday Loans and The Government Cheque Cashing Fee Tariff

PURSUANT to subsection 164.1(1) of The Consumer Protection Act (Act) (C.C.S.M. c. C200) (the Act), the minister of finance may, at any time, seek the advice and recommendations of the board with respect to any matter relating to the regulation of payday lenders or payday loans.

In accordance with the request of the minister, the Manitoba Public Utilities Board (Board) will conduct a public hearing to review charges and fees for payday loans and consider the impacts of possibly reducing the maximum allowable rate from \$17 per \$100 borrowed to \$14 per \$100 borrowed. On Dec. 23, 2023, the federal government released draft regulations to cap the maximum cost of borrowing for payday loans at 14 per cent of the loan value. The Board will also consider the impacts of reducing the proportion of a borrower's net pay, which is used to determine the maximum loan amount, from 30 per cent to 25 per cent.

In addition to the review of payday loans, the Board will review and make recommendations to the minister regarding the maximum fee any person may charge in Manitoba to cash a government-issued cheque. The current maximum fee is \$3 plus two per cent of the face value of the cheque.

These considerations, and other related matters, will be included in the Board's recommendations report to the minister.

HEARING DATES AND LOCATION:

A public hearing will be held on the following days:

Date: Fri., Dec. 6, 2024, Mon., Dec. 9, 2024, and Dec. 11, 12 and 13, 2024 at 9:00 a.m.

Location: Board's Hearing Room – 4th floor, 330 Portage Ave. Winnipeg

PARTICIPATION AND SCOPE OF HEARING:

Public Participation as an Intervener

The public may participate in this review as Interveners. Interveners provide evidence to the board and are subject to cross-examination. Those seeking Intervener status should file their applications with the board by October 15, 2024. Intervener application forms are available on the board's website www.pubmanitoba.ca.

Interveners must identify their reasons for intervention and be prepared to cooperate with other interveners to avoid duplication of information.

The board may determine whether an intervener is entitled to costs for participating in the hearing and may set the amount of those costs. Criteria defining the award of costs are described in the board's Rules of Practice and Procedures, which are also available on the website.

Public Participation as a Presenter

The public is welcome to provide written submissions to the board. Written submissions should be received by Nov. 1, 2024.

Members of the public may also present their views orally to the board during the hearing. Anyone wishing to present oral submissions to the PUB should contact the board secretary by Oct. 15, 2024

Persons wishing to address the hearing in French are required to notify the board secretary on or before Oct. 15, 2024.

Scope of Review

Interveners may also wish to make written submissions regarding the scope of the review and to address any specific issues, beyond the mandatory review requirements that they seek to have the board consider.

Filing of Information

All material filed by approved Interveners, as well as public presentations, will be provided on the board's website.

Procedure

The board's Rules of Practice and Procedure will apply to the conduct of these hearings. All Interveners must familiarize themselves with the board's requirements. This document is available on the board's website or upon request to the board secretary at 400 - 330 Portage Ave., Winnipeg, MB R3C 0C4, or by calling 204-945-2638 or toll free 1-866-854-3698, or via email at publicutilities@gov.mb.ca.

The Manitoba Ombudsman has issued privacy guidelines for administrative tribunals. The board is mindful of its obligations under those guidelines. Its decisions regarding the application being considered will adhere to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary. However, the board advises participants that these proceedings are public and that, as a result, personal information protections are reduced. The proceedings before the board are transcribed and the transcript is posted on the board's website. Names of presenters and their written or oral presentations are included in the publicly available transcripts.

Original signed by

Dr. Darren Christle PhD Secretary, Public Utilities Board

G

Wheelchair access available



Five days' notice required

Community Development Corporation (CDC)

Submitted By David Creighton

What is the Riverdale CDC? The Riverdale CDC (Community Development Corporation) is dedicated to promoting and enhancing tourism and economic development to support the growth and needs of our community.

Economic development and attracting people to the area is done in many ways. Some examples of past projects are:

- Lobbying the government while at the same time working locally to create the Nurse Practitioner position based right here in Rivers, a huge win for the residents of Riverdale Municipality!
- Attracting funding through a variety of grants, donations, etc. to acquire the new Riverdale Community LED sign! This helps to bring information to the community on services offered, local event notifications, special events such as birthday announcements, public service announcements and more.
- Updating and replacing the Riverssigns on Highway 250 North, Number 10 highway at the 25 junction, and Number 1 highway at Alexander to make people aware of our community and its services.
- Working with local leaders and visionaries, along with professional community development organizations to identify opportunities to grow and enhance the Municipality. The current Streetscaping project, once completed, will change the look and feel of the business district, making it much more attractive to commercial business and consumers.
- Assisting the local daycare organization as needed in the creation of their exciting and very necessary second location project! What are our core values? The Riverdale CDC's core values, which are kept in mind

when considering any new projects or en-

· Attracting new business opportunities to

Riverdale Municipality

- To grow the community, including tourism, health and employment.
- Have housing for all citizens
- Increase employment, allowing more people to stay and live in community
- Provide economic development services to Riverdale Municipality
- Obtain adequate funding to provide needed community economic development services
- \cdot Retain our seniors and youth
- Create a growing, sustainable community
 Improve the services of the Riverdale Municipality
- Assist in providing opportunities to promote health and safety for the future generations of Riverdale Municipality
- Increase the opportunities for businesses If this sounds like an organization that you

as a volunteer would like to be a part of, the Riverdale CDC currently has openings for members to join the board. The ideal candidate will share in our passion to promote Rivers and area for both personal, community and business opportunities. We are looking for someone that can commit to one meeting per month (evenings, usually 2 hours). If you want to find out more or to express an interest in joining, please contact us at riversdalycdc@ gmail.com

Community LED sign

If you would like to promote your local business, announce a community event, or make a special announcement (birthday, anniversary, sporting event, etc.) on the

community LED sign, please contact the Riverdale CDC @ riversdalycdc@ gmail.com. For further information about placing your advertisement or for general information use the same email. Please note that advertisements are free for community groups and not-for-profits, while business/personal ad rates are very affordable.



SUBMITTED PHOTO



Hamiota CAO Rudkin attracted to Hamiota location

By Dawson Brooks Rivers Banner

deavors include:

sked what brought or interested him to come to Hamiota, Mike Rudkin said. "The location, people and challenges working with a community that has been through amalgamation."

Rudlkin was born and raised in Toronto but left Ontario in 2002 to pursue work in government in the Yukon. He has his Senior Administrative Officer certification from the Northwest Territories.

Rudkin stated the biggest challenges as the new CAO is "Learning the Manitoba legislation and learning how things work in Hamiota." His plans are to help Hamiota grow and overcome any issues that arise. That plan includes building a strong team between Council and Administration. He wants to try to reduce or eliminate the Rural and Urban differences so the area can work as the Hamiota Municipality team.



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SUBMITTED PHOTO

PUMPKIN PIE BRÛLÉE WITH BOURBON VANILLA WHIPPED CREAM



Ingredients:

2 cups pumpkin puree 3/4 cup heavy cream 1/2 cup milk 1/2 cup granulated sugar

1/4 cup brown sugar 3 large eggs 1 teaspoon vanilla extract

1 teaspoon ground cinnamon 1/2 teaspoon ground ginger 1/4 teaspoon ground nutmeg 1/4 teaspoon salt

- 2 tablespoons granulated sugar (for brûlée topping)
- 1 cup heavy cream
- 2 tablespoons bourbon

2 tablespoons powdered sugar

1 teaspoon vanilla extract

Directions:

- Preheat your oven to 350°F (175°C).
- In a large bowl, whisk together pumpkin puree, heavy cream, milk,
 - granulated sugar, brown sugar, eggs, vanilla extract, cinnamon, ginger, nutmeg, and salt until smooth.
- 3. Pour the mixture into ramekins or custard cups.
- 4. Place ramekins in a baking dish and fill the dish with hot water halfway up the sides of the ramekins.
- 5. Bake for 40-45 minutes, or until the custard is set and a knife inserted into the center comes out clean.
- 6. Allow to cool to room temperature, then refrigerate until chilled.
- 7. Before serving, sprinkle 2 tablespoons of granulated sugar evenly over each custard. Use a kitchen torch to brûlée the sugar until caramelized.
- 8. For the whipped cream, beat 1 cup of heavy cream with bourbon, powdered sugar, and vanilla extract until stiff peaks form. Serve alongside the brûlée.



Directions:

- 1. Preheat Oven and Prepare Pan: Preheat your oven to 32 paper or a silicone baking mat.
- 2. Prepare Crescent Rolls: Separate the crescent rolls and the widest portion on the inside and the edges overlap
- 3. Prepare Filling: In a small bowl, whisk together the soft rosemary or thyme. Spread this mixture over the wide shredded Gruyere cheese.
- 4. Add Turkey and Cranberry: Arrange the turkey slices or cranberry sauce over the turkey and top with the remai
- 5. Form the Ring: Bring the narrow end of each crescent or ring to secure.
- 6. Add Toppings and Bake: In a small bowl, mix together t salt. Brush this mixture on top and sides of the crescent
- 7. Bake: Bake in the preheated oven for 22-24 minutes unt 5 minutes.
- 8. Garnish and Serve: Sprinkle the baked ring with the res serve with the remaining cranberry sauce on the side. E leftover turkey!





Pinecone wreaths can be hundreds of dollars or much cheaper if you are able to collect some yourself. SUPPLIES

12¹² Foam Circle Wreath Brown Paint

- Paint Brush Hot Glue Gun + Lots of Glue Sticks
- Alder Cones
- Mini Pinecones, about 25

Cedar Roses in various sizes (I bought large, medium an ones, about 30 in all)

INSTRUCTIONS

- Start by painting your wreath frame brown. You're neve to be able to cover every little crevice by nature of the of pinecones. Painting it brown means what shows th blends in seamlessly with the pinecones.
- 2. Once your wreath frame is dry, start adding your pine
- 3. It looks beautiful really quickly.





SAVORY TURKEY AND CRANBERRY CRESCENT RINC

Ingredients:

- 1 tube crescent rolls
- 4 oz chive and onion cream cheese, softened
- 1 1/2 tablespoons Dijon mustard 3 teaspoons finely chopped fresh rosemary or thyme, divided
- 2 cups shredded Gruyere cheese, divided
- 1 lb thinly sliced turkey (leftover or deli turkey)
- 1 (14 oz) can whole berry cranberry sauce
- 2 tablespoons butter, melted
- 1/2 teaspoon poppy seeds
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon salt (adjust to taste)

75°F (190°C). Line a large baking sheet with parchment

arrange them on the parchment paper in a circle with ping to form a ring.

- owl, whisk together the softened cream cheese, Dijon y or thyme. Spread this mixture over the widest portion cup of shredded Gruyere cheese.
- ver the cheese, overlapping slightly. Spread half of the ning 1 cup of cheese.
- lough piece over the filling and tuck it underneath the

he melted butter, poppy seeds, granulated garlic, and t dough.

il golden. Allow the crescent ring to rest on the pan for

erved 1 1/2 teaspoons of rosemary or thyme. Slice and njoy this festive, savory ring that's perfect for using up By Rivers Banner Staff Rivers Banner

anadians celebrate Thanksgiving on the second Monday of October. It is based on European harvest festivals. The Canadian thanksgiving started long before the United States Thanksgiving.

WHEN AND WHY HAS

THANKSCIVING BEEN

OBSERVED IN CANADA?

The first official, annual Thanksgiving in Canada was celebrated on November 6, 1879, though Indigenous peoples in Canada have a history of celebrating the fall harvest that predates the arrival of European settlers. Sir Martin Frobisher and his crew are credited as the first Europeans to celebrate a Thanksgiving ceremony in North America, in 1578. They were followed by the inhabitants of New France under Samuel de Champlain in 1606. The celebration featuring the uniquely North American turkey, squash and pumpkin was introduced to Nova Scotia in the 1750s and became common across Canada by the 1870s. In 1957, Thanksgiving was proclaimed an

annual event to occur on the second Monday of October. It is an official statutory holiday in all provinces and territories except Prince Edward Island, New Brunswick, and Nova Scotia.

Beginning in 1921, Thanksgiving and Armistice Day (introduced in 1919) were celebrated on the same day — the first Monday in the week of November. To give more recognition to veterans, November 11 was set solely as Remembrance Day in 1931. Thanksgiving was again proclaimed annually and typically observed on the second Monday

in October.

When the idea of a national Thanksgiving feast picked up in the United States, Canadian families followed suit with their own lavish dinner. The supper scene is very similar to an American Thanksgiving: turkey with stuffing and gravy, fall vegetables, and, of course, pumpkin pie. Canadian

thanksgiving is much quieter than that of the United States. There is no cross country traveling, no football on the TV and we celebrate earlier as harvest is earlier in Canada.

In addition to Canada and the United States, Grenada, Liberia, the Philippines, Saint Lucia, and the Netherlands celebrate their own versions of Thanksgiving.

Thanksgiving is a popular holiday in Canada and the U.S. Many traditions have been borne the holiday, and it is a favorite time of year for many people.

n much

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econes.



CARAMEL APPLE CRISP

INGREDIENTS: For the Apple Filling:

5-6 Granny Smith apples sliced 1/4 cup granulated sugar 1/4 cup brown sugar 1 tsp ground cinnamon 1/4 tsp ground nutmeg 1/4 tsp ground ginger 1 tbsp lemon juice Pinch of salt



1 cup old-fashioned rolled oats 3/4 cup all-purpose flour 1/2 cup brown sugar 1/4 cup granulated sugar 1/2 tsp ground cinnamon 1/2 tsp ground nutmeg 1/4 tsp salt 1/2 cup unsalted butter, cold & cubed

For the Caramel Sauce: 1 cup granulated sugar 6 tbsp unsalted butter, room temperature 1/2 cup heavy cream Pinch of salt

DIRECTIONS:

7.

- Prepare the Apple Filling: 2.
 - Preheat your oven to 350 F (175 C).
 - In a large bowl, combine the sliced apples, granulated sugar, brown sugar, cinnamon, nutmeg, ginger, lemon juice,
- and a pinch of salt. Toss until the apples are well coated.
- Transfer the apple mixture to a greased 9x13-inch baking dish. 4.
- Make the Crisp Topping: 5.
- 6. In a medium bowl, combine the oats, flour, brown sugar, granulated sugar, cinnamon, nutmeg, and salt.
 - Add the cold cubed butter and use a pastry cutter or your fingers to mix until the mixture resembles coarse crumbs.
- Sprinkle the crisp topping evenly over the apple mixture in the baking dish. 8. Bake:

1. Bake in the preheated oven for 45-50 minutes, or until the apples are tender and the topping is golden brown. **Prepare the Caramel Sauce:**

> 1. While the crisp is baking, prepare the caramel sauce. In a medium saucepan over medium heat, melt the granulated sugar, stirring constantly until it turns into a deep amber color.

- 2. Once the sugar is melted, add the butter and stir until fully incorporated. 3. Slowly add the heavy cream while continuing to stir. Be careful, as the mixture will bubble up. 4. Remove from heat and stir in a pinch of salt.
- Serve.
- 1. Once the apple crisp is done baking, drizzle the warm caramel sauce over the top.
- 2. Serve warm, optionally with a scoop of vanilla ice cream. 3. Enjoy your Caramel Apple Crisp!

45th Annual Arts West travels to Rivers

Submitted By Arts West

The Arts West Council is an organization of volunteers dedicated to promoting the development of the visual arts in the Westman Region and spent September 25 to October 10 at the Prairie Crocus Library in Rivers.

The 45th Westman Juried Art Show was hosted by the Hamiota MidWest Art Club on April 28, 2024. This year there were 103 entries by 61 artists, from which 20 works were selected by jurors Leona Herzog and Ben Davis for the Travelling Gallery.

The Travelling Gallery will visit 15 communities in Southwestern Manitoba and Winnipeg over the next year.



A special room at the Prairie Crocus Library displayed the twenty works selected by the Juried Art Show.





RIVERS

BANNER



ABOVE. PICK UP YOUR COPY TODAY! STAY ON TOP OF LOCAL NEWS.

Empire-

Advance



A profile on Hamiota Mayor | Hamiota sidewalk project - Randy Lints

Submitted **By Dawson Brooks**

Then Mayor Randy Lints was approached by the Rivers Banner, he was in the midst of harvest. Lints noted, "I find myself busy," but he graciously answered our questions.

Lints said he started as Mayor a couple of years ago after the October 2022 election. Previously he was on the RM of Hamiota council before amalgamation for 14 years with the last eight as Reeve. (Editor's Note: Amalgamation was forced upon municipalities that had a population of less than 1000 people. The amalgamation process was put in place by the NDP government of that era and was opposed by many municipalities).

In 2014, after amalgamation, Lints was off council for 8 years. Lints said, "In the days leading up to the 2022 election, I was approached to run for mayor and was fortunate enough to be elected. The first thing the new council wanted was to bring more transparency to the community and I think some of our initiatives have helped in that. We held a public meeting last fall and are planning another one for this fall/winter."

Lints added, "We try to keep the minutes available through print as well as our website as bestwe can. This at times seems slow to the general public but minutes need to be adopted at a fol-

Rivers United Church

Fall Take-Out Supper

Turkey Dinner with ALL the Trimmings Sunday, October 20th

4:30 pm - 6:00 pm

\$20.00

ck-up Times are in 15-minute increments starting at

4:30 pm from Rivers United Church at

the corner of 4th and Main

Deliveries will be made to shut-ins.

To order your supper:

Call Greg or Dianne at 328-7690

Suppers must be pre-ordered.

Deadline for orders is 6:00pm Saturday, October 19.

Limit of 150 suppers.

Sharing the work of the

church in the community

and beyond.

Proceeds will be shared between Riverdale Harvest and the Canadian

Food Grains Bank



Hamiota Mayor Randy Lints

lowing meeting and then deadlines need to be met etc. so at times there are long delays."

Lints said, "I designated office hours that I am in the municipal office and although these can vary through the busy farming season, in the winter they are Tuesday and Thursday from 10-12."

Attimes, the mayor's role is very busy, Lints noted, and council as a whole is busy as the community has been facing many challenges and to help staffmeet these challenges. "We as a council stay busy quite often. My ultimate goal as Mayor is to leave the municipality better off when I am done than when I started and with some of the new initiatives coming is a very exciting time for Hamiota." Lints feels the greatest achievement as Mayor and Council has been to help stabilize their health care system and to partner with Prairie Mountain Health (RHA) and the Province to tackle some of the challenges in health care. Lints said, "Through our partnerships and with help specifically from the Hamiota and DistrictHealthCentreFoundation we are seeing progress with the number of doctors in our community as well as starting to address the shortages in lab staff and

hopefully the shortfalls in

down the pipe, I think this

nursing staff in the future." Lints added, "I would like to think as Mayor people in the community would look to me favourably. But in this job, you make as many enemies as friends as tough decisions are needed to be made all the time. You don't hear thank-you a lot, but you do hear the negative criticism. My favourite part of the job is when I do hear from someone that in some way council helped them. We have a lot of new staff over the past two years, and this has been challenging. We have also reworked some of the job descriptions and so the learning curve has been steep, but we are getting there. Our new CAO Mike Rudkin is working out well and through his leadership and advice to council the future looks bright."

update

Old sidewalks date back to the 1960s



Submitted

By Dawson Brooks

amiota CAO Mike Rudkin gave the Rivers Banner an update on Lthe new Hamiota sidewalks. Rudkin said, "The Hamiota sidewalk project is focusing on renewal of existing sidewalks which have reached the end of their service life. Since many of the sidewalks date back to the early 1960s, we are replacing them in stages as budget allows. We are focusing on areas with higher foot traffic that run through the downtown or connect residential areas to the downtown area."

The project will cost approximately \$34,000 and was done by a Boissevain PHOTO BY DAWSON BROO

contractor. The sidewalks were made with concrete reinforced with fiberglass rebar.

Rudkin said, "In the past 5 years or so, we have done west side of Third Street between Maple and Oak, West side of Fourth street between Maple and Oak, and then this year's sidewalks.

A major challenge was funding and contractor availability. Rudkin said, "The new sidewalks look better and show the municipality is committed to maintaining accessible routes for foot traffic. In the future we will continue to focus on sidewalks that carry higher foot traffic that link to the downtown, schools, and Health Centre. Future investments in sidewalks and the tax implications will be decided under the direction of municipal council."

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF OAKVIEW

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **7th** day of **November**, **2024**, at the hour of **10:00 AM**, at Rural Mu-nicipality of Oakview, 10 Cochrane Street, Oak River MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
44400	PARCEL 9 AND 9A PLAN 4831 NLTO IN N 1/2 28-13-22 WPM - 20 MILLER ST, OAK RIVER	L -\$1,200 B -\$82,200	\$19,308.64
401200	AT RAPID CITY AND BEING LOT 17 BLOCK 6 PLAN 'A' NLTO IN N 1/2 20-13-19 WPM - 435 SECOND AVE, RAPID CITY	L -\$17,300	\$3,347.85
401300	AT RAPID CITY AND BEING: LOT 18 BLOCK 6 PLAN 'A' NLTO IN N 1/2 20-13-19 WPM - 425 SECOND AVE, RAPID CITY	L -\$17,300 B -\$21,800	\$4,933.75
*431400	AT RAPID CITY AND BEING: LOT 85 PLAN 216 NLTO SUBJECT TO SPECIAL RESERVATIONS AS TO MINES MINERALS AND OTHER MATTERS AS PARTICULARLY DEFINED IN THE ORIGINAL GRANT FROM THE CROWN IN S 1/2 29-13-19 WPM - LOT 85 PLAN 216, RAPID CITY	L -\$11,400 B -\$21,200	\$15,599.74

*Roll 431400: The Municipality is aware that the building on said property has been demolished and the property assessment has not yet been updated

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

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

Dated this 1st day of October, 2024



Mark Humphries Chief Administrative Officer RURAL MUNICIPALITY OF OAKVIEW Phone: (204) 566-2146

Fax: (204) 566-2126



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Riverdale Palliative Care Volunteers - Who are we and what do we do?

Submitted

By Debbie Phythian

Did you know that Rivers has a Palliative Care Volunteer Committee? Many of you are aware of our group but I'm sure there are many people that are not.

Riverdale Palliative Care Volunteer Committee exists under Prairie Mountain Health's Palliative Care Volunteer Services.

As taken from PMH's Palliative Care Volunteer Services brochure, "The purpose of Palliative Care Volunteer Services is to complement the existing professional services and resources to provide emotional, psychosocial and spiritual support for palliative care clients and their families.

Volunteers are an integral part of the palliative care team. Trained volunteers provide compassionate and confidential care for the client and their family in the home, hospital or other healthcare facility.

Palliative care volunteers come from all walks of life, age, ethnicity, faith and professional backgrounds. Volunteers are good listeners, caring, empathetic, non-judgemental and trustworthy."

Most people think the volunteers provide respite for the family when their loved one is near death. But our volunteer group can do so much more. "A volunteer can provide... Companionship – "just be there" for the client. This may include holding their hand, reading, listening to music, playing card games and watching TV.

Emotional Support – encourage the client to tell their story and share their feelings. Volunteers are trained to be present, listen and validate the client's experience. Practical Support – provide information, resources and other forms of practical support to assist the client and their family.

Caregiver Respite – stay with the client for short periods of time, allowing the caregiver to rest or run errands and the client to not be alone. Bereavement Support – provide or help with

accessing grief and bereavement supports. Advocacy – promote palliative care awareness

in the community and participate in various fundraising and educational activities."

Riverdale Palliative Care Committee has provided all of these over the years. In fact, 2025 marks our 25th Anniversary! When we are not called upon to provide palliative companionship, much of our time is spent in the advocacy role. You may have attended one of our workshops over the years, stopped by our table at a community event, or waved at Mary and Dora in a parade!

The committee is in the planning stages for celebrating our 25th Anniversary next year so stay tuned for the events that we have planned! Watch for a new presence on social media as we launch our Facebook and Instagram accounts in the new year where we will provide information on upcoming events as well as resources on death and dying, grief and other such topics.

In the meantime, we invite you to our Community Memorial Service which we will host on Sunday, November 3, 2024 at 3:00 p.m. at the Westman Canadian Reformed Church, 879-3rd Ave (across from the High School).

This Memorial Service is held every two years and is meant to remember those who have died and to share that significant loss in our community. You can help our committee in that if you have suffered the loss of a loved one since November 2022, that you contact any of the Palliative Team to ensure that their name be remembered. There will also be an opportunity for fellowship and to share memories of our loved ones at the luncheon that will follow the memorial service.

We look forward to hearing from you if you would like to have your loved one's name remembered on November 3 in a community service. Please note that you do not have to be in attendance to have us honor your loved one.

You may contact Dora Irvine (204-328-7167) or Debbie Phythian (204-725-8301)



SPORTS

LEPP DOMINATES MOTOCROSS ACTION

By Robin Wark Rivers Banner

ocal motocross racer Emmett Lepp dominated in two classes this past summer. The 11-year-old son of Rivers' Roger and Samantha Lepp won both the 65cc 10-11 year old and the 85cc

tha Lepp won both the 65cc 10-11 year old and the 85cc 7-11 year old season championships for the Grassroots Motocross series. Lepp won every race in his 65cc class. In his 85cc class, he finished first at every event except the series finale when he had a flat tire and placed second.

"I was happy with what I was able to accomplish this year," Lepp said. "I ended up racing my 65cc bike in the 85cc class all season, which added a little more pressure due to the other riders all having bigger bikes than me. This was my last year on a 65cc bike and I ended the season with good memories. I'm ready to move on to an 85cc full time for next year and develop my skills."

It was the third provincial title for Lepp. A fewyears ago, he won the 50cc age 7-8 class. This past season Lepp's older brother Ethan won the 85cc 12-16 year old championship.

"Emmett and Ethan Lepp are two of the most courteous, humble and respectful young men you will ever meet," fellow area motocross rider Al Lepp said. "But put either of them at the starting gate with 39 other screaming bikes, and the courtesy turns to confidence."

Emmett Lepp has been riding motorbikes since he was

four years old. He competed in his first race at 6.

"My dad got us into it," Lepp said. "He has always liked moto and also races. He started us on a Yamaha PW50."

He has been passionate about the sport ever since. When asked what he enjoys about motocross, Lepp said, "Literally everything! I love the adrenaline on the gate, the big jumps and the moto community."

His family has been the biggest part of his success, he said.

"They drive me to the races, help me with training, dad is my mechanic and they take care of everything I need. Typically the night prior to race day, Dad, Ethan, and I will go for a track walk, where

we talk about the lines on the track that will help us get through a section in the fastest way possible," said Lepp, whose older sister, Reece, is part of the brothers' pit crew.

With his family's support, Lepp and his brother have competed the past few summers at the Walton TransCan Canadian Grand National Championship. He said the Walton, Ont. event was the highlight of his summer.



"This is where the top riders in Canada meet to race for a weeklong series," Lepp said. "I raced the 65cc open and 65cc 10-11 year old classes. My goal was to make the top 10, and I was able to finish with sixth in 65cc 10-11 and eighth in the Open. I was very happy with my results and I want to keep pushing for more."



LEPP EARNS FIRST PROVINCIAL TITLE

By Robin Wark Rivers Banner

fter getting his start in motorbikes when he was about five years old, now 13-year-old Rivers product Ethan Lepp is a provincial champion.

The son of Roger and Samantha Lepp won the 85cc 12-16 year-old category championship in the GrassrootsMotocrossseries. Lepp got started early with motorbikes.

"I liked it from a young age; everyday I always wanted to get back on it," Lepp said. "My Dad was the one that got me and my brother into it."

This past summer Lepp's younger brother, Emmett, won provincial titles in the 65cc 10-11 year old and the 85cc 7-11 year old classes. Ethan Lepp's championship was his first.

Samantha Lepp said the "Goal was for top three, but he started the season really strong and maintained his points lead from then on." "Thisseason Iwas pleased that I won my championship," Ethan Lepp said. "The 85cc 12-16 class has some tough competition

some tough competition and really good riders, by showing up and riding my best I was able to hold on to the points lead."

He enjoys competing in the provincial motocross series.Itfeatures eight events held in locations around Manitoba.

"Ienjoy pushing mylimits and riding different tracks throughout the year," Lepp said.

The past few summers the Lepp brothers have competed in the Walton TransCan Canadian Grand National Championship.

"The nationals are very tough, but an amazing opportunity to ride against some of the best riders in Canada! I rode the 85cc 12-16 and ended up 23rd out of 40," Ethan Lepp said. "Like I said, it is a very tough class. This is a very fun week watching the up-and-coming riders, as well as seeing future prosdevelop their speed and skills each year in this sport."

Travelling to the Walton, Ont. competition is just one example of how Lepp's family, including older sister Reece, has supported the brothers' motocross passion.

"My parents take a big role in supporting us," Ethan Lepp said "They drive us to all the races and practices, Dad does my bike work, helps with figuring out the track, and Mom makes us all the meals at the track.

Al Lepp, a fellow local motocross rider, stated, "RogerLepp,whoalsorides. is a great model for them to follow. The commitment for Roger and Samantha to attend races and keep the boys on competitive bikes is immense.

"Motocrossmayonly have one rider per bike, but the successful riders have a team around them, and the ones who become champions recognize and appreciate that team."

Fork to Table

Submitted By Patricia Hanbidge

For many of us, thanksgiving involves getting together with folks that you enjoy and eating a lot of food! In Canada it is timely as we have usually just finished or in the process of finishing the harvest of our gardens.

In Canada, we do have much reason to give thanks for as we do enjoy a land blessed with many natural wonders, clean air and fertile soil. Thanksgiving was declared a national holiday in 1879 and we have enjoyed an extra day to share that 142 million kilograms of turkey that is consumed. One last interesting trivia surrounding the venerable turkey is fossils indicate that wild turkeys have roamed North America for more than 10 million years.

Now getting down to what we grow and harvest from the garden. Mashed potatoes served with large amounts of gravy are often an important part of the meal. Choosing potatoes with a higher starch content like russets or Yukon gold will give you the fluffiest, smoothest and most flavourful mash. Be careful to treat those swollen starch granules in your potatoes gently as well as too much vigour will give you a gluey, less appetizing addition to your meal.

Winter squash are always a favourite and colourful vegetable and can be served in many ways. Simply wash the outer rind and chop the squash into appropriate sizes for baking. Add butter, salt and pepper to taste and cover to ensure the moisture stays in this yummy vegetable. Bake at 350 F.

Other vegetables you may also have at your disposal at this time of year includes corn (on the cob or not), lovely carrots, parsnips, beets, and if you are lucky kohlrabi. I personally love to roast a medley of root vegetables in the oven with butter and the seasoning of choice. A little bit of cumin is rather tasty! We are lucky to have such a wide array of available veggies to grace our thanksgiving tables.



Thanksgiving would not be complete without pumpkin pie. Making a pumpkin pie from a real pumpkin will forever spoil you for making it by opening a can. A pumpkin that is 6 to 8 inches in diameter will give you enough pumpkin for a 10 inch deep dish pie. Cut the pumpkin in half, scoop out the seeds and then either bake, steam or microwave the pumpkin until it is soft. Discard excess moisture and puree the pumpkin until smooth. Now it is time to mix the pie ingredients together. These ingredients will usually include some type of sweetener, some spices like cloves, ginger, cinnamon and maybe allspice, eggs, and evaporated milk. Bake the pie until a knife inserted into the centre comes out clean and enjoy with whipped cream.

The only thing left is to harvest some materials from

BMITTED PHOTO

your garden to make an appropriate table centre for Thanksgiving. Personally, I prefer branches of autumn coloured leaves, pine cones, small squash from the garden, the odd tomato or two and anything else at your disposal. May we wish you all a wonderful Thanksgiving and may your bountiful harvest from your gardens grace your tables and be enjoyed by both friends and family.

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