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Oak Lake's 4th Harvest Festival brought a buzz to the community!



The festival filled the park at Oak Lake.

PHOTOS BY SCOTT GREEN



The annual tractor pull is a favourite event of the Oak Lake Harvest Festival.

By Ev Nolan
RIVERS BANNER

Oak Lake was the place to be on Saturday, September 6, as the Ag Society Grounds exploded with laughter, music, roaring engines, and the unmistakable buzz of community spirit. The 4th Annual Harvest Festival turned a crisp fall day into an unforgettable celebration filled with family fun, friendly rivalries, and more than a few surprises.

One of the loudest and most thrilling events of the afternoon was the Lawn Tractor Pull, hosted by Josh Baker. After the weigh-in, the engines revved to life, and the crowd erupted in excitement. The challenge was simple. Hook a lawn tractor to a heavy sled and see how far it could be dragged but the drama of spinning tires,

puffing smoke, and roaring motors kept everyone glued to the action. Local farmers grinned with pride as their machines battled the weight, while children cheered on with wide eyes and sticky fingers from festival treats. Every pull came with a wave of applause, and when a tractor sputtered out halfway down the track, the crowd roared encouragement anyway.

If the tractor pull had hearts racing, the Heavy Truck and Car Show had them shining. Rows of polished chrome and candy-coloured classics gleamed under the prairie sun, drawing admirers young and old. Owners swapped stories about their vehicles, while passersby stopped to take selfies with the impressive line-up. For many, it was a walk down memory lane; for others, a glimpse at automotive dreams.

Meanwhile, the Kids Zone was bursting

with energy. Little ones darted from face painting to games to crafts, proudly showing off butterfly wings, superhero masks, and rainbow swirls painted across their cheeks. Their giggles filled the air and added to the festival soundtrack, a constant reminder that this event was truly for all ages.

Over by the show ring, the Canine Circus stole the spotlight. Four-legged performers jumped, spun, and balanced their way into the hearts of the crowd, showing off tricks that had jaws dropping and hands clapping. It was pure joy to watch dogs leap through hoops and pull off stunts with tail-wagging enthusiasm. If that was not enough, horse-drawn wagon rides offered a gentler pace, giving families a chance to relax and soak in the festival atmosphere.

more about the harvest festival on page 7

Inside...



KARATE
KIDS IN
RIVERS

P2



NEW
SCAMS
HIT
CANADA

P6

Rivers Karate Club: Empowering students through Martial Arts



Leader of the Karate Club, Ben Thompson, teaches the students how to defend themselves.

By Carolyn Phillips
RIVERS BANNER

The Rivers Karate Club proudly announces the return of its popular karate program for the third consecutive year, offering an exciting opportunity for students of all ages to learn, grow, and compete in the art of karate. This season is set to be more enriching than ever, featuring a range of activities, including tournaments, seminars led by world-class instructors, and belt grading sessions aimed at advancing students through their martial arts journey.

Led by Ben Thompson, a dedicated 2nd-degree black belt with over 14 years of teaching experience, this program

is affiliated with the Japan Karate Association Club in Brandon. Ben brings a wealth of knowledge and passion to each class, ensuring that every student receives personalized attention and expert guidance as they develop their skills. With an emphasis on discipline, respect, and physical fitness, the Rivers Karate Club is committed to creating a positive environment where students can thrive.

The karate classes cater to a diverse demographic, welcoming students from ages 4 to seniors. This inclusivity allows family members to train together, strengthening bonds while fostering respect and understanding through martial arts. Whether you are a beginner or looking to further pursue your karate journey, everyone is encouraged to join. The supportive community within the Rivers Karate Club

ensures that every participant feels valued and motivated. Sessions will run from September 11 to November 20, taking place every Monday and Wednesday from 6:30 PM to 7:30 PM at Redfern Hall in the Riverdale Community Centre. The schedule has been thoughtfully designed to fit into even the busiest of lifestyles, making it easier for students and their families to participate regularly.

During this program, students will have the chance to take part in exciting tournaments, showcasing the skills they acquire in class and gaining valuable experience in a competitive environment. These tournaments not only highlight individual progress but also promote camaraderie among club members, inspiring everyone to push their limits and strive for excellence.

In addition to tournaments, students will benefit from seminars hosted by world-class instructors. These sessions will delve deeper into specific techniques and philosophies of karate, providing fresh insights and advanced skills. This exposure to renowned experts will enhance the students' training experience, ultimately encouraging them to aim higher in their martial arts journey.

Belt grading ceremonies will also be conducted during the program, marking the culmination of hard work and commitment. These milestones serve as a motivational tool, allowing students to see tangible progress in their karate skills. Each belt achieved is a testament to their dedication and perseverance, inspiring others to aim for their next level.

If you are interested in signing up for this dynamic karate program, please email recreation@riverdalemb.ca to register. Don't miss out on this priceless opportunity to empower yourself through martial arts. Join us at the Rivers Karate Club and become part of a community that values respect, discipline, and continuous growth. Together, we can cultivate the next generation of martial artists while fostering friendships that last a lifetime.

SIMPLE CARROT SOUP



Ingredients

- 4 cups peeled and chopped carrots
- 1/2 onion, sliced
- 4 cloves garlic, smashed
- 1/2 teaspoon dried tarragon
- 3 cups fat-free chicken broth
- water to cover
- 1 teaspoon dried thyme
- 2 tbsps heavy whipping cream

Directions

1. Combine carrots, chicken broth, and onion in a large pot. Pour enough water into the pot to assure the ingredients are covered; add garlic, thyme, and tarragon.
2. Bring the liquid to a boil, reduce heat to medium-low, place a cover on the pot, and simmer the mixture until the carrots are very tender, 40 to 50 minutes.
3. Remove pot from heat; carefully puree soup with an immersion blender until smooth.
4. Return pot to medium heat and cook until warmed through, about 5 minutes. Stir cream through the soup.

Cook's Note

You can also use a blender to puree the soup, or mash vegetables with a potato masher and whisk the soup until smooth. Let the mixture cool to lukewarm before blending.

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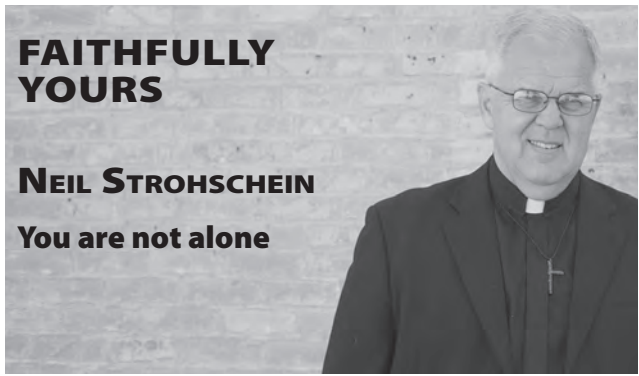
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In a few weeks, my family and I will pause to commemorate an event we never thought we would experience—the sudden, unexpected death of her son, my step-son. The timing of his death and the manner of death (he died by his own hand) still have us shaking our heads, wondering how such a thing could happen to someone like him.

He had his struggles; but in the months immediately preceding his death, he seemed to be doing better. He had moved to a new community, was comfortably settled in a new relationship and was embracing the roles of a partner and step-parent far better than any of us could have imagined. He had grown a lot in the previous two years; and the changes his mom and I saw in him made us very happy indeed.

We will never know why his life suddenly had to end. We will never know the inner turmoil with which he struggled in his final days. These are secrets that died with him.

Nothing that I can say or do will undo what happened almost a year ago. But I have an important message to share; and I hope you will receive what you read as words coming from one whose heart has been broken to those whose hearts are breaking.

The month of September is World Suicide Prevention Month. It gives us an opportunity to speak about a topic which is impacting increasing numbers of Canadians. According to figures released by the Public Health Agency of Canada (www.canada.ca/en/public-health), approximately 12 people each day (4500 per year) die by suicide. Suicide rates are roughly three times higher among men compared to women; and suicide is the second leading cause of death among youth and young adults (15-34 years).

Those figures are bad enough. But this one is even worse. According to the Canadian Association for Suicide Prevention (www.suicideprevention.ca), the World Health Organization estimates that for every death by suicide at least 10 people are “deeply affected” by the death. Life for them will go on; but it will never be the same.

Today, I want to invite you to join me in doing what we can to help prevent other families from

being forced to experience what families we know have been through.

First, get to know the signs that indicate you or someone you love could be at risk of attempting suicide. The Public Health Agency of Canada website has links to a number of helpful articles dealing with this topic. So does the Canadian Association for Suicide Prevention. The information you get today may help you save a life tomorrow.

Second, if you are in crisis and need support call or text “988.” You will be connected with a national suicide and crisis support help line. Specialized help lines are available for those under the age of 18, Indigenous People, military personnel and farmers. No matter how dark or dismal things may seem, you are not alone. You are loved. Your life matters. Don’t give up hope. Help is available. There is no shame in asking for it.

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

From last weeks front page

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

Word Bank

1. dirt

5. street

9. rodeo

2. noticed

6. kilometres

10. points

3. community

7. rugby

11. course

4. class

8. brown

12. summer

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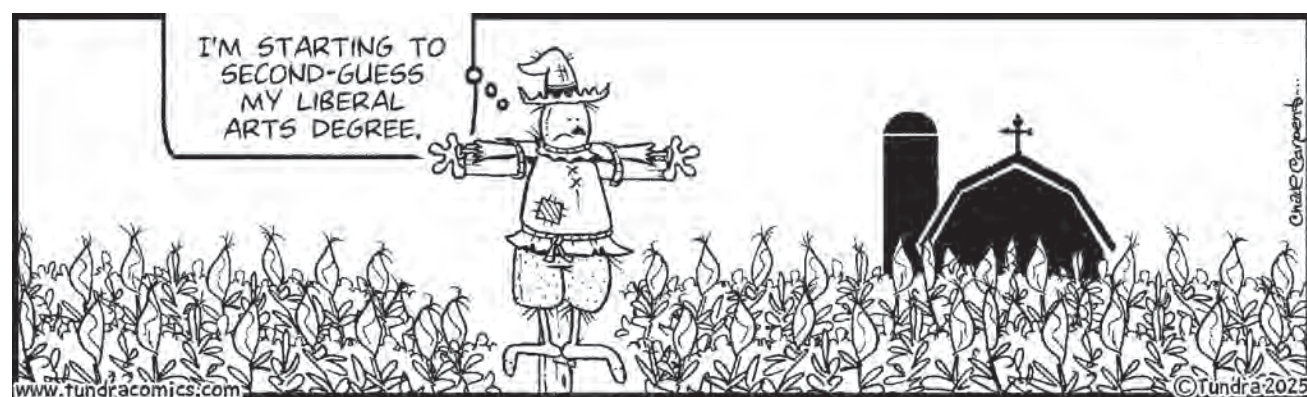
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Tundra

By Chad Carpenter



Quiet is good

I was told by someone in the television industry that cable TV is dwindling. Once touted as the ultimate media in sports and entertainment, it appears that people are moving away from cable TV. Streaming services are the big thing, but I am not familiar with any of them. I did an online search and no less than 24 streaming services were identified.

I assume that a person can watch what they want, when they want.

My first TV experience was around 1960 when my uncle brought a TV to our farm and an antennae that went up on the house roof. There was only one channel and it was black and white, not colour. I distinctly remember watching the 1967 Stanley Cup play-offs when the Toronto Maple Leafs last won the prize.

When I was in Winnipeg for my university years, 1966-70, I had access to TV. Moving back to rural Manitoba we sometimes had TV and sometime not. Our children, now in their 50s, have mixed feelings about their on again-off again experience with TV.

We have had cable TV and an internet package in our home for some years now. We even like some CBC programs and watch the Blue Bombers and the Jets.

Of all people, as a decades long newspaperman, I know the value of ads or commercials. I am biased, but I much prefer newspaper ads to TV commercials. A newspaper sits quietly by your side until you pick it up and read it, it's much quieter than a TV and if you want to skip the ads, you can and return to them again and again as you see the need.

RIGHT IN THE CENTRE

KEN WADDELL



“Newspapers are quiet and always by your side.”

On the other hand, TV ads, are louder than the programs and are very annoying. I can get quite upset with TV ads as few are entertaining and many are just plain stupid. Some of the auto ads are okay, but how many times do we have to be told that a 4x4 truck can climb every muddy hill it comes up against.

The commercials that really drive me crazy are as follows:

- Do we really need advertising for incontinence proof underwear?
- Do people really spend time slowly smelling their laundry?
- Do we need commercials that glorify and promote bad behaviour in kids and adults?
- Are all men as dumb as commercials depict them to be?
- And don't we pay professionals sports people enough that they don't have to preach about how great sports betting can be.
- And finally, does alcohol consumption have to be glorified?

I know, I know, I sound like a

grumpy old man! But really folks, a lot of TV commercials are an insult to our intelligence and a great distraction from what is morally right and good.

If I can depend on what I have been told by people who have “cut the cord” so to speak, streaming services might be the way to go. That said, I doubt pricing will be competitive with cable but if someone wants to write me a letter on the various forms of TV consumption, please do so. I need to be educated on this matter. You can reach me at kwaddell@neepawabanner.com.

Until then, thank you to the 10,000 homes and the over 20,000 people who read our newspapers every week. We appreciate you and so do our advertisers.

Nothing like a cup of coffee or a cold drink and a copy of your local newspaper. Newspapers are very quiet and always by your side.

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

Homebodies

RITA FRIESEN



I probably shouldn't have...

One of my more recent re-reads is ‘The Long Winter’ by Laura Ingles Wilder. Based on true life, back in American pioneer times, the book recounts the hardships and trials of a winter that lasted from early October to late April. The settlement had just begun to depend on the rail system for food supplies, the family quickly moved from the shanty on the homestead to a empty store in the village. The author recounts the urgency with which the move was made, the scrounging for the very last of the garden produce, and on to the near starvation as the winter refused to give way. I always enjoy the Little House Series, re-reading them every so often. I'm thinking that this last time through the words have affected my thinking!

There is no solid reason for my thinking, but I feel a need to get the last of the apples off the tree, the last of the potatoes and carrots out of the earth, mow the grass one more time. Now these are all natural fall tasks, but this year I feel compelled to get things done. And I don't believe that it is I am running out of time! Due to the rabbits in the area I have had to fence the pea patch, and because peas grow, and produce, so much better on a fence, there were two sets of wire fencing that had to be – first set up – and now taken down. To carefully store the sections of fencing so that they can be easily reused next year takes time and energy. I got it done. And weeded the patch so that when I pull into the driveway my eyes, and heart, are at peace with the view. That's part of the front yard. The watermelon plant grew and blossomed and never produced so its gone. The cantaloupe produced, and is now the plant is in the compost.

I have dismantled the water storage system, the tank is full and does not need to collect more, the one hose needs repair before being stowed, but the other one is already put away. Again, there is an urgency to my work, and I hope to heck that doesn't mean we will really get an early winter!

And the old apple tree...bless it. I have dried apple slices, made apple pies and apple crisps, made apple sauce and even eaten raw apples! Thankfully a friend was willing to take a tote or two. I can't count the weight of those I have hauled to the compost, those that fell and were too bruised and to wasp filled to rescue. Even acknowledging the damage the hail storms created, a great many apples were spoiled.

Back to the book for a moment. Laura describes how her mother used every resource so carefully, using green pumpkins for a pie filler, saving even the littlest potato, grinding wheat to make bread... And here am I in the heart of plenty. Pantry shelves filled, freezer full (mostly apples!!!) with enough and enough to share.

When the second summer settles in I will nothing to do but enjoy each day!

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Canada

Thank a farmer

By Gerry Nolan
RIVERS BANNER

As I sit here this morning September 7, the ground and the rooftops are white from the frost. This is a sure sign that autumn is here and of what is to follow. Summer seems so short. From the intense heat a week ago with big drops of temperature in between with extended periods of smoke, it has been quite a year.

I do not know, as of this column, how much damage was done with the frost hit overnight. Only time will tell. I covered our tomatoes last night thank goodness, or they

would be toast. Hopefully temperatures will warm up and the harvest will continue.

My biggest concern is the damage to the crops. While the farmers had a great run for combining, especially of the cereals, there is much to do yet. Some of the crops just are not ready to harvest, they need some heat to bring them in.

The field in the picture was harvested just last Sunday. From what I have heard is that the yields are better than expected. Good to really good! Considering we had minimal rain, Mother Nature helped out the farmers.

I know I have said it before, and I will



Cam Hunter's field just South of Kenton.

PHOTO BY CELIA NOLAN

Back to school



FILE PHOTO

By Gerry Nolan
RIVERS BANNER

School is back for another year. Your sons and daughters are back for another year of education. From the teachers, to the administration to the bus drivers, to the janitors to the school coaches, may 2025-2026 be the best year ever for all of you. To the volunteers, to all the coaches in school sports, intramural sports and sports events you may host, have a great year. Teachers do much more than teach in class, they teach outside of class, volunteering to run school programs. Teachers spend a lot of time with your children teaching sportsmanship, how to win, how to lose graciously. At the end of the year, did your children have fun? Did they play fair? Did they grow new friendships with a teammate or make a new friend from a team they were competing against? Did they learn to become successful and great citizens of a community?

I know in sports there is always a scoreboard at the end of the playing field, whichever one they are on. The goal is to win the game you are playing, right? Otherwise, why a scoreboard? It just seems to me there is way too much emphasis on winning and winning at any cost. Athletes even cheat to win or attain a higher standard. Is this what one would want for your child, cheat to win? Look at Olympic competitions and for example, major league baseball. Hank Aaron is the all-time home run hitter, surpassed by only those who cheated by taking body building drugs. Today they are not even recognized for their achievements. They are, in fact, disrespected for

what they did and rightfully so. Anything these cheaters did is tarnished because they did not play fair.

If your child is playing sports, ensure their success is not tarnished by cheating. We see the cheating that takes place, especially in pro sports all too often.

I have a little story where I witnessed cheating firsthand. Our fastball team, the Kenton Cougars were playing in a Manitoba Provincial Fastball Tournament. We lost the championship game by one run. We were disappointed in the loss, but we had a fantastic season that summer.

A few weeks later we were informed by The Manitoba Fastball Executive that our opponent in that championship game had used 2 players that were ineligible to play. Their title and medals were taken away because they cheated! We were not awarded the gold medals and I doubt we would accept them anyway because we did not actually earn them as we lost that game. The other team's reputation was tarnished because not only did they not win the gold medal, they were labelled cheaters! Our team even though we lost the game could hold our heads high because we played the game the right way. That was the closest I ever got to winning a Provincial title.

To all coaches out there, play within the rules, compete your hardest. If you win, great. If you come in second, try again. Just play fair! With a clean conscience you will be the winner, maybe not on the scoreboard but in your heart.

Have a great season and enjoy the moment! Make some memories you will remember and have a laugh or two.

keeping saying it, farmers feed the world! They, the farmers and the rest of us consumers, need these crops off the fields and into storage and then to the elevators to survive. Plain and simple! The farm needs to make money and show profit.

Speaking of profitability, what is with the price of cattle being so high? It is out of sight right now. Grain prices have dipped somewhat. It seems out of balance right now. I am sure it will balance a bit more at some point but for now it is what it is.

I saw where at the end of the month there is a holiday on September 30. A day of celebration. Why do the farmers not get a day? Oh yes there is farm week and little snippets on other days, well what about farmers day every day? Farmers are the biggest gamblers. Every year they put in a crop, hoping it will produce a harvest that will pay for crop inputs and leave them with some profit by the end of the year. Same with cattle.

I applaud all farmers who lay it all on

the line to ensure we the general public have food to eat. Prices are high in the grocery stores but it is all the middleman who drives up the prices of groceries, not the farmer.

So what am I saying? Every day you hear on the radio that is national, you fill in the blank day. One way you can show appreciation to the farmers is to give the farmers room on the highway. There are combines, trucks, grain carts, balers etc. out on the roads as they travel from field to field. Why not yield to them. Motorists, you pull over onto the shoulder of the road and give them room to pass. Show some respect to those farmers and pull over to the side of the road. Give them a wave of acknowledgement as well. I think the months of the spring to the fall should be declared National Farmers day. Well what the heck, It could be National Farmers day every day. Thank a producer, a farmer and whisper a little prayer that their work this fall will be blessed with abundance!



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Phishing: Lots of scammers out there

Sunrise Credit Union, companies and the province issue warnings

By Ken Waddell
RIVERS BANNER

The newspapers have received at least three notices of scams being conducted in the Westman area. Please be on guard. If you get a phone call that is suspicious, hang up, you are under no obligations to answer questions, especially from a company or supplier you aren't involved with. That said, we have been notified that some scammers are claiming to be from Sunrise Credit Union. Sunrise released the following statement late last week.

"We are reaching out to inform you of a current phone scam that has been reported by several Sunrise Credit Union members. Individuals posing as Sunrise Credit Union employees—in some instances identifying themselves as "Risk Managers" from our Fraud Department—have been contacting members by phone. These calls may appear to originate from our legitimate toll-free number (1-888-289-3097), which is being spoofed by the fraudsters. During these calls, the individuals attempt to obtain sensitive banking information, including online banking login credentials. Please be advised that Sunrise Credit Union will never contact you to request account details or login information over the phone. If you receive a suspicious call of this nature, we recommend that you hang up immediately and contact your local branch using their direct phone number. As always, we encourage you to remain vigilant and never share personal or financial information over the phone. Thank you for your attention to this important matter."

We also received some disturbing news from Cybernews, a company that monitors internet security breaches as follows.

"Cybernews researchers have uncovered a massive data exposure affecting more than 250 million identity records across seven countries, including Turkey, Egypt, Saudi Arabia, the United Arab Emirates (UAE), Mexico, South Africa, and Canada.

Three misconfigured servers—hosted on IP addresses in Brazil and the UAE—contained detailed personal information, resembling government-level identity profiles, now confirmed to have been publicly accessible.

"It's likely that these databases were operated by a single party, due to the similar data structures, but there's no attribution as to who controlled the data, or any hard links proving that these instances belonged to the same party," said the research team.

What data was exposed?

The leaked information included ID numbers, full names, dates of birth and gender, contact details, and home addresses.

Record numbers exposed:

- Turkey (88,396,572 records)
- Egypt (77,744,912 records)
- Saudi Arabia (26,827,301 records)
- UAE (4,856,942 records)
- Mexico (8,740,000 records)
- South Africa (44,472,288 records)
- Canada (9,322,549 records)

Cybernews contacted the hosting providers, and as of now, the data is no longer publicly accessible.

To read the full research, please click <https://cybernews.com/security/identity-records-global-data-leak/>

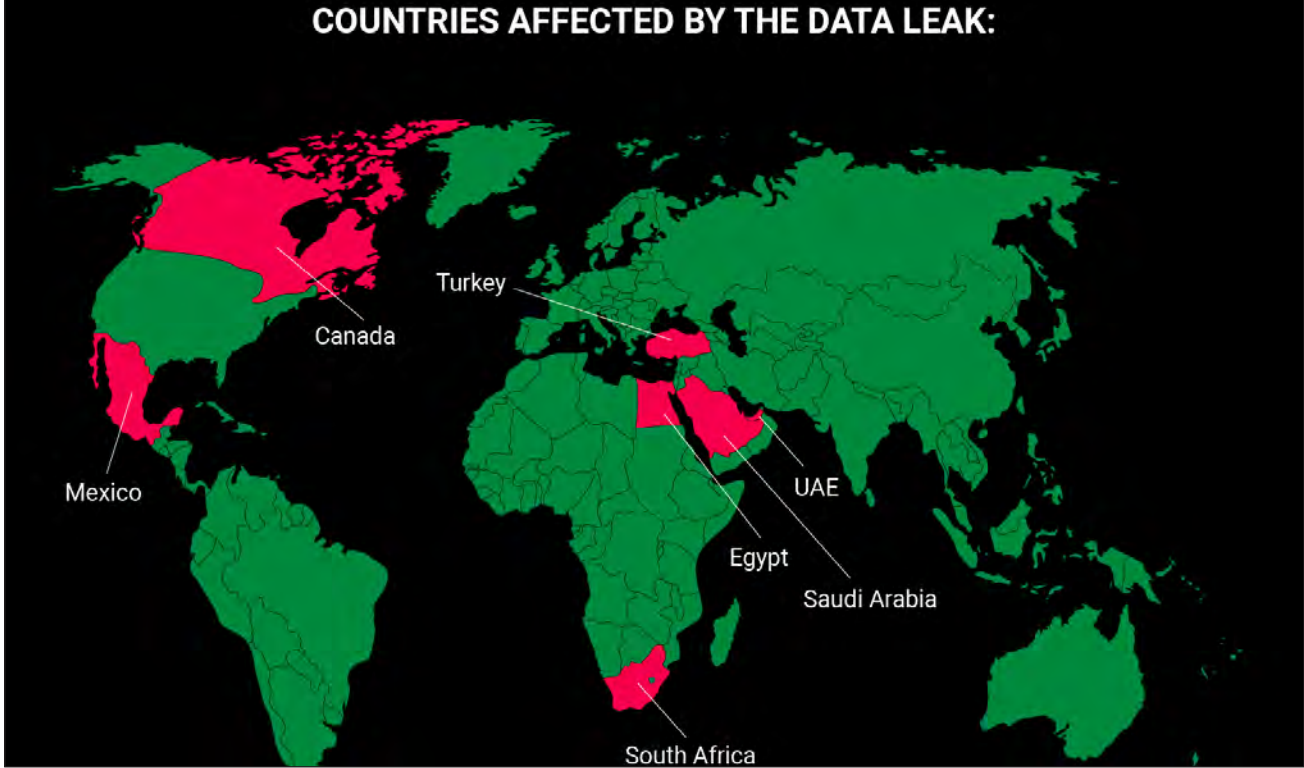


PHOTO FROM CYBERNEWS

And last but not least the Manitoba government issued the following warning:

Province warns against potential text message phishing scams

The Manitoba government is warning Manitobans about fraudulent text messages involving provincial fine payments and tax credits, which are part of a phishing scam.

This week, members of the public reported receiving texts from a sender claiming to be Manitoba Justice and demanding payment for outstanding fines for provincial offences including speeding tickets and traffic violations. Manitoba Justice currently does not send payment requests or any official communications via text. Anyone with concerns about outstanding fines or questions about methods of communications should contact Manitoba Justice directly or visit: www.gov.mb.ca/justice/tickets/index.html.

Other recipients have recently received a text asking them to finalize their Homeowners Affordability Tax Credit (HATC) by clicking a link. Manitoba Finance does not verify or finalize tax credits or benefits via text message. For information about HATC,

visit www.gov.mb.ca/finance/tao/hatc.html.

Manitobans who receive these types of texts should not respond or click on any links within the message and should avoid providing any personal information. Recipients can report suspicious messages to the Canadian Anti-Fraud Centre at <https://antifraudcentre-centreantifraude.ca/index-eng.htm>.

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Cars lined up for the show.

PHOTOS BY CINDY WILTSHIRE

By Ev Nolan
RIVERS BANNER

Oak Lake was anything but quiet on September 6. The rumble of engines, the sparkle of chrome, and the buzz of community spirit filled the air as the Dirty Word Customz Heavy Truck and Car Show rolled into town. From the moment the gates opened after lunch, the Oak Lake Ag Society Grounds were transformed into a high-energy showcase of horsepower, nostalgia, and good old-fashioned small-town fun.

Car shows have always had their magic, but this one was in a class of its own. Rows of polished classics gleamed under the sun, their paint jobs reflecting the pride of owners who spent countless hours perfecting every detail. Heavy trucks towered over the grounds, their engines growling with power. Everywhere you turned, there was something to admire from shining bikes to the latest custom builds that had spectators reaching for their phones to snap a photo. It was not just a show; it was a rolling museum and a work of art on wheels.

What made the day even more unforgettable was the sheer variety of people who came together. Families strolled through the rows of vehicles, kids pointing wide-eyed at monster-sized rigs, while seasoned gearheads swapped stories of restoration projects and memories of their first cars. The atmosphere was alive, not just with engines, but with laughter, conversation, and the kind of joy that only happens when a community gathers for something they love.

Then came the extra sparkle with the Pin-Up Girls Contest shortly after 2:00 p.m. This was not just a contest, it was a showstopper. With bold red lips, vintage curls, and classic polka dots, contestants brought the glamour of the 1950s roaring back to life. The crowd was on their feet, cheering as each participant took the stage with confidence and flair. It felt like stepping into a scene from a retro movie, only with Oak Lake charm added to the mix.

The winners earned every clap and cheer they received. First place went to Megs (Megan Hamill), who dazzled with poise and personality. Second place was claimed by Opal, while Pearl proudly took third. Runners-up Kat and Cindy did not leave empty-handed either, capturing the hearts of the audience with their fun-loving energy. The contest gave the event an extra layer of style and personality that blended beautifully with the grit of the car show.

Of course, no show would be complete without prizes for the vehicles themselves, and this year's winners drove away with well-deserved recognition. Pete Perreault took home the title for Best Bike, Scott Wilson won with his entry for Best Classic Car/Truck, and Brad Park powered through to win Best Heavy Truck. The coveted Dirty Word Customz pick, perhaps the most exciting of all, went to Darryl Smith, a nod to the creativity and pride he put into his ride.

But the real showstopper was not on wheels or wearing a vintage dress. It was the spirit of giving back. Thanks to the generosity of everyone who bought 50/50 tickets and raffle entries, \$2000 was donated to the Oak Lake Fire Department. The announcement drew cheers from the crowd, and rightly so since this contribution will go a long way in supporting the dedicated team that keeps the community safe. It was a powerful reminder that while the engines and glamour drew people in, it was heart and generosity that defined the day.

By the time the sun dipped low and the last prize was handed out, one thing was clear: once again, the Dirty Word Customz Heavy Truck and Car Show, paired with the Pin-Up Girls Contest, was another event on the calendar that never disappoints! It was the event of the season. Engines thundered, style sparkled, and the community gave back in a big way. Oak Lake once again proved that when this little town puts on a show, it leaves people talking and smiling long after the engines quiet down.

Oak Lake Harvest Festival



Pin up girls contest: (L to R) Megs, Pinkie, Kitty, Opal, Pearl

continued from page 1

The competitions did not stop at tractors. The Haulin' Axe event tested strength and skill, while the Lawn Mower Pull Contest had the crowd doubled over in laughter. And for those looking for a shot of pure adrenaline, the Monster Truck rides provided exactly that while bouncing high above the grounds and giving thrill seekers a view like no other.

Of course, no festival is complete without good food. The Farmers' Market offered a feast for the senses, with stalls overflowing with fresh produce, homemade baking, and handcrafted treasures. Many visitors left with arms full of jars, loaves, and trinkets. The food trucks kept bellies happy too, serving up sizzling burgers, golden fries, and sweet desserts that drew long but cheerful line-ups.

As the sun dipped lower, the festival simply shifted gears. The beergarden, open since noon, was buzzing with conversation and laughter. By evening, the stage lit up and Pop Vegas took over, electrifying the crowd with music that had everyone clapping, dancing, and singing along. Their set stretched to midnight, but even then the party did not stop while karaoke and a lively DJ carried the fun right into the early hours.

Admission was just ten dollars for adults, while kids twelve and under got in free, making it a day of non-stop entertainment that did not break the bank. From start to finish, the Harvest Festival proved once again that Oak Lake knows how to throw a party.

This year's festival was not just about tractors, trucks, or tunes. It was about neighbours gathering together, friends reconnecting, and families creating memories they will talk about for years to come. Whether you came for the roaring engines, the adorable dogs, the delicious food, or the late-night dancing, one thing was certain: you left with a smile.

The 4th Annual Oak Lake Harvest Festival was a true celebration of community spirit, and judging by the energy that lasted from afternoon until well past midnight, it is safe to say this small-town festival delivered a big-time experience!

Oak Lake Golf Club ready for upgrades



SUBMITTED PHOTO

The Oak Lake Golf Club is receiving \$2,500 from Fusion Credit Union's Full Circle Fund for their Outdoor Dining Expansion Project. The golf course has undergone extensive renovations to their outdoor dining space and now plan on purchasing a new commercial BBQ with funding from the Full Circle Fund. Kyle Enns, Branch Manager at the Fusion Oak Lake Branch, and Tammie Roziere, MSR at the Fusion Oak Lake Branch presented the cheque to board members from the Oak Lake Golf Club. Fusion Credit Union is accepting applications for their fall intake of the Full Circle Fund. Community organizations are encouraged to apply on or before October 1, 2025. Applications are available online at fusioncu.com.

ROLLING RIVER SCHOOL DIVISION A REMINDER TO ALL MOTORISTS



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of school bus vehicles. If a school bus is within sight, chances are children will be nearby.

School buses make frequent stops. Flashing amber lights alert you to the fact that the bus is about to stop.

IT IS YOUR RESPONSIBILITY - AND THE LAW - to stop 5 metres behind or in front of a school bus when its red lights are flashing and the stop sign is extended.

Currently, the maximum fine for passing a stopped school bus with its red lights flashing and the stop sign extended is \$672.65 and assessment of two demerits.

BE SMART.

As hard as it is to believe, school bus drivers have reported vehicles passing the stopped school bus on its RIGHT side - the side where children enter and exit the bus.



(Referenced from: Manitoba Education - Public Transportation Unit
http://www.edu.gov.mb.ca/k12/ptu/pdf/if_everyone_does_their_part.pdf)

**PLEASE FOLLOW THE TRAFFIC LAWS AND
HELP KEEP OUR STUDENTS SAFE.
THANK-YOU.**

Under the Dome

Submitted

BY GREG NESBITT MLA

Summer of pride and peril in rural Manitoba
This summer began on a high note for rural Manitoba and smaller cities.

A Probe Research poll found that 83 per cent of residents in small cities believe their community is a great place to live, while 78 per cent feel genuine pride in their hometown. In rural settings, those numbers climb even higher: 94 per cent say their community is wonderful, and 87 per cent brim with pride in where they live.

Three-quarters of smaller-city dwellers indicated they'd actively encourage friends or family to move there, and only 40 per cent would consider leaving if given the chance. That optimism reflects tight-knit neighbourhoods and a sense that smaller centres still offer a quality of life unmatched by larger urban areas. Residents feel connected, supported, and - most importantly - hopeful about the future of their hometowns.

Proud but frustrated

By contrast, Winnipeggers describe the capital's summer as "proud, yet profoundly frustrated," according to Probe Research. Crime rates are climbing, public infrastructure shows its age, and faith in elected officials has dwindled to historic lows. Younger residents, in particular, express palpable frustration with what they see as inaction on the city's most urgent challenges. These sentiments reveal a public demanding tangible solutions rather than empty promises.

The perception of rising crime is backed by hard statistics: youth crime rose nearly 5 per cent in 2024, and Winnipeg's violent-crime rate of 675 incidents per 100,000 people dwarfs the national average of 262. That spike helped earn Winnipeg the unwelcome title of Canada's most violent city, according to the

Fraser Institute.

While rural communities start from a position of pride, they face existential economic threats that could undo decades of stability. Manitoba farmers, who seed over 12,000 square kilometres of canola annually, generate \$2.4 billion in export value - 25 per cent of total farm cash receipts - and support more than 35,000 jobs, contributing nearly \$7 billion to the provincial economy.

Canola hostage to tariffs

That prosperity now hangs in the balance. China's sudden 75.8 per cent tariff on Canadian canola seed jeopardizes the 3.2 billion kilograms Manitoba ships each year. Additional tariffs on soybeans and pork place \$1.2 billion more at risk, representing 85 per cent of our agricultural trade with China. Provinces such as Saskatchewan and Alberta are scrambling to diversify, yet in Manitoba there's an unsettling silence from Premier Wab Kinew and Agriculture Minister Ron Kostyshyn - farmers deserve leadership, not sympathy.

Beyond agriculture, every Manitoban feels the sting of rising costs. Grocery prices keep climbing, and NDP tax changes - scrapping indexation of personal allowances, freezing tax brackets, and eliminating the \$350 education credit - effectively hike the provincial tax rate during the worst cost of living crisis in decades. Families already stretched by inflation now face higher bills and fewer relief measures.

Summer in Manitoba has proven to be a study in contrasts: unshakable pride in our smaller communities and deepening despair in our capital. Rural residents enjoy quality of life but worry their economy is being led off the track, threatening local jobs and small businesses. Winnipeggers, meanwhile, demand action on public safety and crumbling infrastructure before frustration

erodes their community spirit entirely.

The challenges are acute and the clock is ticking. Manitobans deserve leaders who will tackle crime, revitalize our cities, and defend our signature industries on the world stage. If they fail, both our urban centres and rural heartlands risk losing the very qualities that made them places worth calling home.

· Thank you to all the communities across the Riding Mountain constituency for their hospitality at their annual summer events. As your MLA I was honoured to participate in nine parades in the constituency, as well as festivals and homecomings.

I was pleased to join our PC Leader Obby Khan and many of my colleagues at the Dauphin Ukrainian Festival parade, and Obby joined me at the Virden Indoor Rodeo.

It takes many, many volunteer hours to make these events successful. Hats off to those who put their community first.

· Just a reminder that if you or anyone you know is celebrating a birthday or anniversary and is eligible for special greetings from elected officials, please contact our office or go to the website: www.gov.mb.ca/legislature/greeting/index.html

Birthdays from age 65 and up in five-year increments are recognized, as are anniversaries from 50 years and up in five-year increments.

For special greetings from the Governor General of Canada and the King, please visit: www.gg.ca/en/contact-us/birthday-anniversary-greetings. Their criteria for greetings however, is more restricted than those being requested from the provincial Greetings Branch.

Farm recognition program

There is also special recognition available for Manitoba farms that have been in families for 100, 125 and 150 years.

The Century Farm Program was introduced in 1981 to recog-

nize families who have maintained continuous family ownership for 100 years or more. To date, 1896 farms have been recognized in our province.

The Heritage Farm Program was introduced in 2010 to recognize families who have maintained continuous family ownership for 125 years or more. To date, 147 farms have been recognized in our province.

The Legacy Farm Program was introduced in 2020 to recognize families who have maintained continuous family ownership for 150 years or more. To date, eight farms have been recognized in our province.

To apply for Century, Heritage or Legacy Farm recognition apply online at <https://forms.gov.mb.ca/family-farm-recognition-program/> for submission, or you can print and complete the and mail to Manitoba Agriculture, Box



FILE PHOTO

Riding Mountain MLA Greg Nesbitt

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If your farm qualifies, you will receive a gate sign to proudly proclaim your pioneering roots.

Greg Nesbitt is the Member of Legislative Assembly for the Riding Mountain constituency.

He can be reached at 204-759-3313, toll-free 1-844-877-7767 or by email at gregnesbittmla@mymts.net. When contacting our office, please include your name, address and a daytime phone number.

Why GABA might just be your new best friend

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

MARIE EVELYNE GINGRAS

If you are anything like me, your brain sometimes feels like it is running on double-double caffeine. Thoughts race, worries stack up, and before you know it, you are lying in bed at midnight staring at the ceiling fan, wondering if sleep has forgotten your address. This is where GABA, or gamma-aminobutyric acid (try saying that three times fast), comes in to save the day. Do not be mistaken, this miracle supplement works during the day too!

I was first introduced to GABA when I went for my first Covid vaccination. I was terrified of the reaction I would have to the vaccine. Right after my shot, I was instructed to sit in the waiting area for 30 minutes. The mind is a powerful tool. As I sat there, my heart was pumping, my chest was hurting and I had convinced myself that things were going very badly. Until my husband gave me my first

GABA chewable. Within 5 minutes, all those feelings had disappeared and the anxiety and fear had dispersed.

Think of GABA as the chill friend who reminds you to breathe when life gets too loud. While other brain chemicals love to stir things up, GABA is the one holding up a stop sign, saying, "Hey, let us slow this down." It is the natural brake pedal for our nervous system, and honestly, most of us could use more of it. I found that it works wonderfully before an exam or an interview or especially if you suffer from social anxiety and you are going to a social event.

One of the biggest perks of GABA is how it melts away stress. GABA helps ease that tension so your body can finally unclench. For me, that means going from "wired and frazzled" to "ahhh, I can actually enjoy my peppermint tea in peace." It does not knock you out. It just helps you han-

dle the chaos without feeling like you are about to lose it.

Mood wise, GABA is like sunshine on a cloudy day. Low levels are linked with the blues and anxious vibes, and when you give your system a boost, you may notice fewer ups and downs. It is not a magic fix, but it helps smooth out the bumps so you can actually enjoy the ride. Even athletes swear by it for recovery. I am no Olympian, but I do know that when your body finally relaxes, muscles repair better, and you wake up less achy. That is GABA doing its behind-the-scenes work while you snooze.

Of course, I will always say check with your doctor before adding anything new especially if you are on medications. But for many people, GABA is a gentle, natural way to bring balance back into a world that feels non-stop. So, if your mind is a little too noisy, your sleep a little too elusive, or your shoulders permanently hunched, maybe GABA deserves a spot on your wellness shelf. Sometimes the best thing you can give yourself is permission to slow down, and GABA is the quiet nudge that helps you do just that.

CLASSIFIEDS

Notice



PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2025 Assessment Rolls for Riverdale Municipality have been delivered to the Municipal Office at 670 – 2nd Avenue, Rivers, Manitoba and will be open for public inspection during regular business hours. Applications for Revision may be made in accordance with Sections 42 and 43 of the Municipal Assessment Act.

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

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

The Board of Revision will sit on **TUESDAY, OCTOBER 7th, 2025** at 6:10 p.m. in the Council Chambers of Riverdale Municipality located at 670 – 2nd Avenue, Rivers, Manitoba to hear applications. The final date on which applications must be received by the Secretary of the Board is **Monday, September 22nd, 2025**.

Dated this 14th day of August, 2025.

Marci Quane, CMMA
Riverdale Municipality, Box 520 – 670 – 2nd Avenue Rivers, MB. ROK 1X0
Email: cao@riverdalemb.ca

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

Notice

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



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

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

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

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

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

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

Thank-you

Thank-you

Marian and I would like to thank Rivers Fire and Ambulance people, and all the neighbours in the 5th and Columbia area, for all their help and kind words in the accident we were involved in on Sunday, August 31/25. Thanks all of you so much. Thanks to Ed and Janice Maguire for use of your truck again. Marion and Glenn Maguire

Thank-you

Marion and I would like to thank Ed and Janice Maguire for the use of their truck and Nancy Maguire and Robert Becks for their help, Westoba Credit Union for using their property and all the people who showed up for making our yard sale Saturday, August 30/2025 a huge success! Marion and Glenn Maguire

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From the prairies to the highlands 204

By Gerry Nolan
RIVERS BANNER

After getting groceries at the local store in Minishant, we made our way to our overnight stay where we would stay for four nights. The destination was the Lady Coats Memorial Church in Minishant located in South Ayrshire, Scotland. This also included two lodges for sleeping.

The church was built in 1877 to commemorate Lady Glorianna Coats, nee McKenzie, wife of Sir Peter Coats, the Laird of Auchendrane. Sir Peter was a Baptist minister but most of the village was Presbyterian, so the church was designated non-denominational, or non sectarian and was opened to appropriate visiting ministers.

We were each designated a room to sleep by our trip coordinator, Dr. Devon Caldwell. Our room was the Dumfries room.

Our first impression of the church was WOW! Look at this place. There were a few steps to go up where we entered the foyer. As we turned the corner we stepped into a huge dining room and Oh man, what a surprise! There was a 16-foot-long table made out of three, two by twelve planks with 16 chairs. It was a massive table! The cozy sit-

ting area displayed a beautiful ornate church bench, a love seat, a fireplace and a bathroom. There was also a little bedroom off to one side as well as a bar/music room with old vinyl records which Leith Corney found and immediately started playing and dancing.

Next was a commercial kitchen with a massive range. Thankfully the men figured out how to operate it. The kitchen had all the conveniences you could want including a dishwasher. From the dining room there was a side door that led out onto a huge patio. Part of it was covered with a roof and it overlooked a beautiful yard with lots of trees.

Back in the house, we went up two flights of stairs, not knowing at the time we were in training for all the climbing and stairs we would encounter. Up the stairway was a common room. It had a massive L-shaped couch that would seat 11 people. There was also a couch that would seat three. Down the hallway were five bedrooms and four bathrooms.

The third story or loft had a Ping-Pong table where mini tournaments were held. There was an area to play music, and a huge brass elephant that kept a close eye on what was going on.

We did not arrive at the

church until after 4pm. We had a little time to look around and unpack and change clothes then headed off for supper at the Souter Inn.

Wow! What a supper! We were able to order anything off the menu we wanted. This place served the best hamburger I have ever had. Man, it was good. Everyone had a good time and a great supper.

After supper, it was back to the church to unwind after such a long day. This was an early night as the next day we were off to Turnberry and the Trump Turnberry golf course.

With the groceries we bought, the men made breakfast the first morning. We had scrambled eggs, bacon, sausage, tomatoes, toast and coffee.

Donald Caldwell was our tour bus driver. He had been raised in Scotland and knew where he was going. We always arrived at our destination safely. You may not be aware of this, but in Scotland they drive on the left side of the road, opposite to us. The drivers' seat is on the right side of the vehicle. Donald navigated through many miles safely. Thank you Donald for keeping us safe! Next week I will share our first day of travel through Scotland and the Trump golf course.

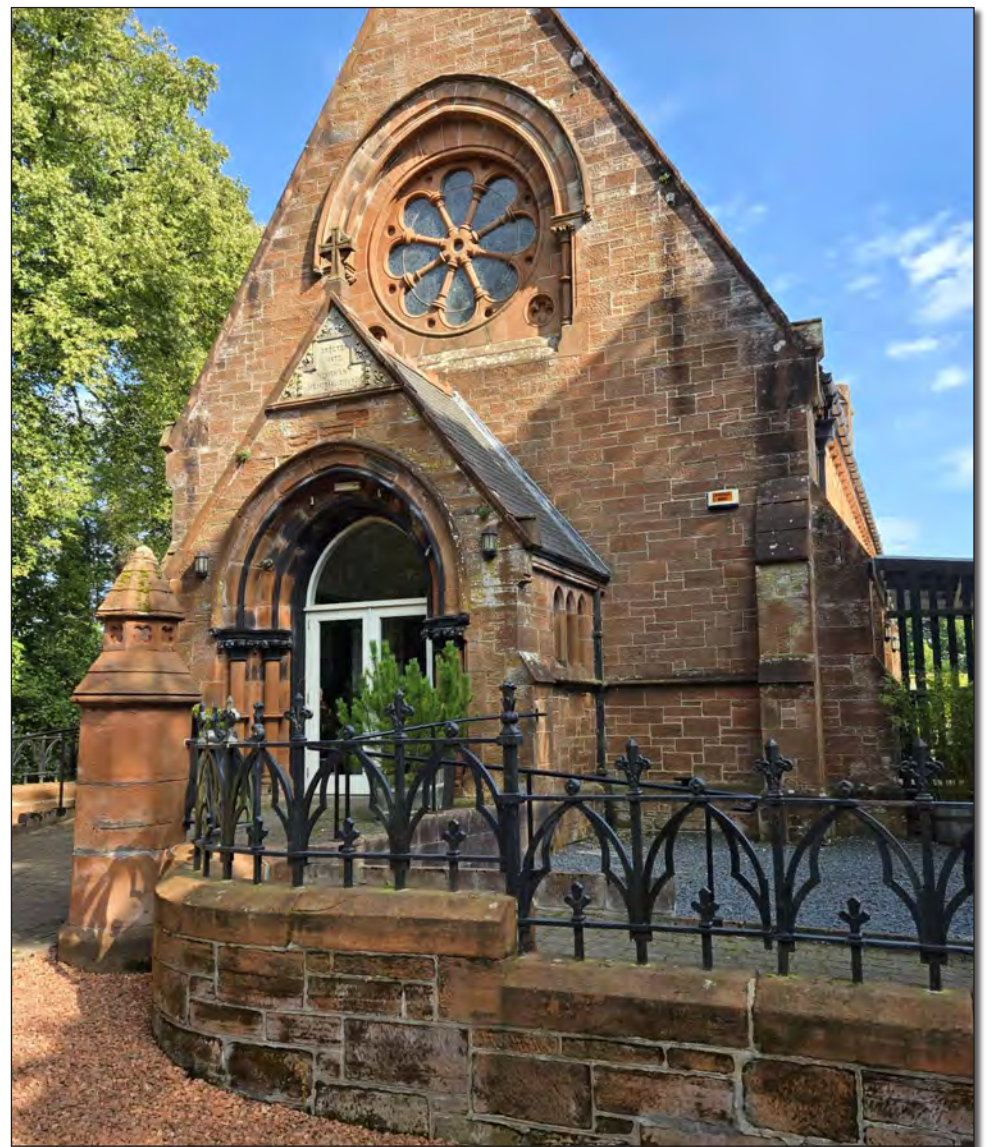


PHOTO BY CELIA NOLAN

Lady Coats Memorial Church in Minishant Scotland.

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- Guest speakers
- Community projects
- Diamond willow and wood carving
- Table games

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Robert A Steen Men's Shed - 980 Palmerston
Wildwood Park Men's Shed - 271 North Drive
Riverview Men's Shed - 90 Ashland Ave
Woodhaven Men's Shed - 401 Westwood Drive
Lord Roberts Men's Shed - 725 Kylemore Ave
Garden City Men's Shed - Seven Oaks Arena 2nd fl.

Men's Sheds throughout Manitoba:

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Minnedosa Men's Shed - Minnedosa
Parkland Men's Shed - Dauphin
Valley Parkland Men's Shed - Swan River
Howden Wood Turners Men's Shed - Howden
Neepawa Men's Shed - Neepawa
Gordon's Men's Shed - Selkirk

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mensshedmanitoba@gmail.com

Website: <https://mensshedsmanitoba.ca>



SUNMONTUEWEDTHUFRI

SAT

COMMUNITY CALENDAR

Sep 1213

Arts West Traveling Gallery Display
~ Prairie Crocus Library

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

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

Rivers Legion
Bingo 11:30am

50 + Card
Games
1pm

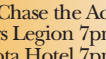
50 + Club
Pool 1pm

50 + Club
Cribbage 1pm

Rivers Legion
Cribbage 7pm

50 + Floor
Games
1pm

Prairie Crocus Library
Storytime in
Rivers 10am

Chase the Ace
Rivers Legion 7pm
Hamiota Hotel 7pm

21222324252627

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

Rivers Legion
Bingo 11:30am

50 + Card
Games
1pm

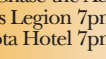
50 + Club
Pool 1pm

50 + Club
Cribbage 1pm

Rivers Legion
Cribbage 7pm

50 + Floor
Games
1pm

Prairie Crocus Library
Storytime in
Rivers 10am

Chase the Ace
Rivers Legion 7pm
Hamiota Hotel 7pm

Cribbage
Tournament
at Rivers
Legion
12pm

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