



Jessica Coulter

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Rivers Banner

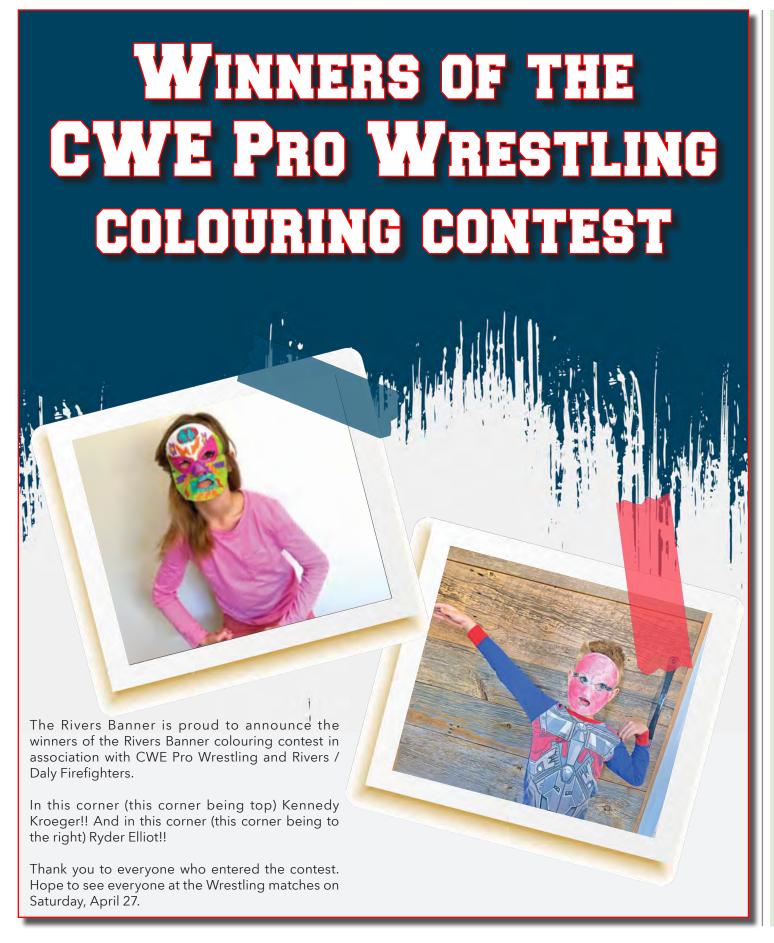
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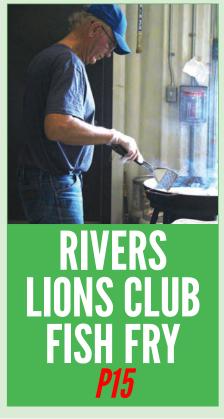
RIVERS BANNER Local People. Local Stories.

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Inside...





Honouring health staff in Hamiota



Close to 200 attended the recognition banquet.

ogies :

By Jessica Coulter RIVERS BANNER

he Hamiota District Health Centre Foundation Inc. and the Health Sub-Committee hosted an appreciation night for the Hamiota Health Centre Staff to express their gratitude for all the hard work and dedication they bring to work every day in Hamiota. The event took place on Saturday, April 20 with cocktails at 5pm and ran straight into the evening with some top-level entertainment for everyone to enjoy.

Drinkswere served and tables filled quickly. Approximately 200 people attended the gathering in honour of the health staff. Penny Nickson and Elaine Robins sang the national anthem. Rev. Noel Suministrado of the Hamiota United Church said a prayer for our meal.

The meal was catered by The Little Kitchen on the Prairie. It

was a mouthwatering thanksgiving fest in April, with turkey, meatballs, salad, mashed potatoes, gravy, stuffing, per-

ogies and corn, followed by carrot cake or Skor cake for dessert. Portions were made up first for the staff that were working at the hospital so that everyone else could come out and have some fun.

The master of ceremonies for the evening was Vaughn Wilson. He made everyone answer some very difficult questions before their table was able to go up to the buffet. Some fun trivia to get things started. For example, an ambulance ride from Hamiota to Winnipeg was only \$10 in 1971. The first hospital in Hamiota was built in 1913, it had six beds and only cost \$4,500 to build.

After the meal, there were a few short speeches to thank the staff that take such great care of the community and thank the committees that made this event possible. Riding Mountain MLA Greg Nesbitt, Prairie Mountain Health CEO Tina Slate, Chairperson of the Hamiota District Health Centre Foundation Brent Fortune, and Hamiota Mayor Randy Lints graced the group with their thanks and speeches about Hamiota Health Centre and staff. "Our committees are made up of leaders in our community," said Mayor Randy, "It takes a partnership with everyone working together

to bring a night like this together."

Once the crowd was full of food and gratitude, it was time for entertainment. Big

Daddy Tazz took
the stage to
deliver some
side splitting comedy. The
entire
room
erupted
with laughter for an
hour. The jokes
he made about
highway 24 were absolutely hilarious

and so very true.

Referring to the attempted repairs as an arts and crafts

project sent the audience in to roars of laughter. Besides being extremely funny,

Big Daddy Tazz tourswith different groups in order to help those with Mental Health

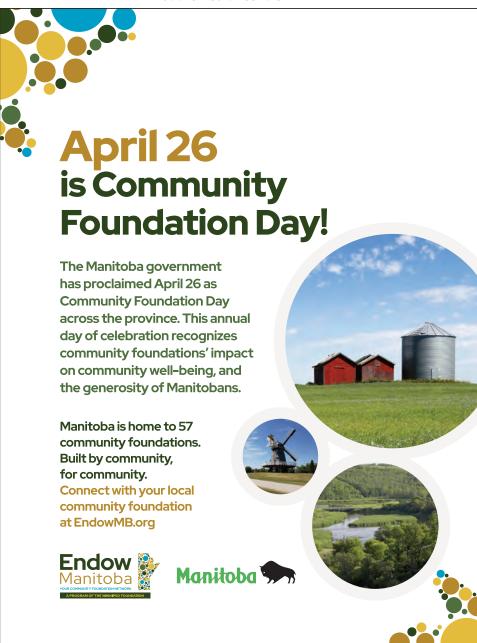
is sues.
"There is no better job in

the world than a job making people laugh," said Tazzy. His hope is to help men with their mental health and show them that it is okay to get help. "You can't carry a couch by yourself," Tazzy said to explain how men should not be afraid to ask for help. He also spends a lot of time visiting with kids to advocate anti-bullying programs. Visiting with kids seems to be where he gets some of his best material for his comedy act as well.

To end the night the band November Down took to the stage. The members of their band were Alex Lints - vocals and guitar (Randy's son), Brock Nelson -drums, Ollie Ldrick-



Preparing the meals for the doctors and nurses still at the health centre.







Chairperson Brent Fortune

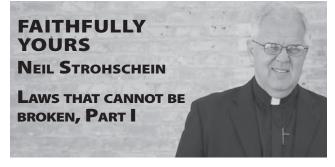


Mayor

Randy Lints



Greg Nesbitt



s Canadians, we are subject to laws made by federal, provincial and local governments. But there is another level of government that is superior to these, and whose laws govern life on earth and in the universe beyond this earth.

The laws are made by God himself. Some apply to humans and govern how we should think, speak and act. Like laws made by federal, provincial and local governments, these laws can be broken. But consequences await all those who do so; and God will demand that those consequences be paid-if not in this life, then in the life to come.

But God has made some laws that cannot be broken. One of them is the law of sowing and reaping. It states, quite simply, that "you always reap what you sow."

That is a law with which every farmer and gar-

dener is familiar. If you plant wheat, you harvest wheat. If you plant barley, oats and corn, you will harvest barley, oats and corn. As for the weeds and wild oats that make their appearance every year-well, we planted them too. Their seeds were sitting on top of the ground and when we disturbed it to sow our wheat, oats, barley and corn, we also sowed the weeds and wild oats.

The rule is the same for garden crops, herbs and spices, flowers grown from seed or whatever else we put into the ground. We always reap what we sow; and yes, just like in the farmers' fields; we sow the weeds whenever we prepare the garden for planting.

In life, that law is the same. But we express it differently. For example, physiologically, we say: "You are what you eat." Eat a lot of healthy food, you get a healthy body. Eat a lot of junk food and, well-you can complete that sentence yourself. And if you drink a lot of champagne on Friday night, you will wake up with a lot of real pain Saturday morning.

Intellectually, we say: "The training you take determines what you become." If you study to become a doctor, you'll become a doctor. Study to become a lawyer, you'll become a lawyer. Take a four-year apprenticeship as a trades person and

you will be licensed as a plumber, carpenter, electrician or whatever your trade of choice is. The same applies to any other profession or job you choose to pursue.

Socially, we say: "You become like those you hang around with." Over time, you will start to think, speak and act like those with whom you associate and whose ideas, biases and prejudices you allow to enter and remain in your mind. That can be good or it can be bad. It all depends on who you hang around with.

Spiritually, we say: "The higher power for whom you choose to live your life will determine your quality of life here and your destiny after death." In this case, there are only two options. You can choose to make a god out of yourself, live for yourself, satisfy all your selfish desires and through either domination or manipulation, force others to cater to your whims and wishes. Or, you can recognize God's right, as your creator, to prescribe how you should think, speak and live. You can surrender to his authority, receive the forgiveness he offers you through Jesus Christ and choose to please God by your life. You can make your choice-but make it carefully. You will have to live with the consequences for time and eternity.

From last weeks front page



Word Bank

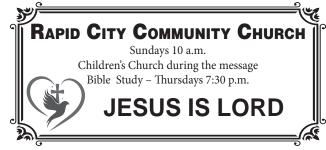
1. bake 2 5. church 6 9. saucers 1

2. quilt 6. show 10. tea 3. group7. dessert

11. shopping

4. signs 8. teacups 12. contract









By Chad Carpenter



Opinions are like noses

pring is always a time to reflect, maybe plan ahead, contemplate changes.

One thing that I have been pondering is how divided people have become on various issues. I won't air a shopping list of issues but everybody has a list.

There are tons of issues and everyone has a different list. Everyone has their preferences and that is a good thing hopefully. Opinions are like noses, everyone has one.

The problem today is that many people can't overlook the things they disagree about. We need to be able to disagree without being disagreeable. Today's version of disagreeing seems to quickly drift over to hating the person or group you don't agree with. That is simply not right, it goes against everything I stand for and for that matter and it goes against Christ's teaching. That said, even some Christian churches have strayed away from Christ's teachings and wandered away from loving their neighbour to hating those who disagree with them.

I believe there is another misconception going around. It goes something like this, "It's legal so how can you disagree with it."

Just because an action is legal doesn't mean I have to agree with it. Just to avoid stress, let's take a fairly familiar issue and stay away from the more controversial issues. In the past 100 years, making and selling alcohol has been legal, then illegal, and back to legal again. Legal or illegal, it does't mean I have to agree with alcohol usage.

There are many issues, both simple and complex, innocent and controversial, that are legal but it doesn't mean a person has to agree with them.

Again, it's a matter of opinion. The whole idea of enforcing opin-



There are many issues, both simple and complex, innocent and controversial, that are legal, it doesn't mean a person has to agree with them.

ions is another phase of human behaviour that is under scrutiny and rightly so. Two issues come to mind. One is the Iran situation where the government is using violence to enforce dress codes seems like a huge mistake. I know how a woman dresses and what she wears on her head is a huge issue for some segments of the Muslim faith but really, is it worth killing your citizens over the issue? I think not and the Iranian government's actions may well destroy the government and perhaps the country with it.

The other issue is the abortion issue in the United States where it appears the Supreme Court has ruled that abortion is a state by state matter and not a national law issue. Whether it be state or federal, it doesn't really matter. There needs to be a law. By the way Canada doesn't have such a law at all. Abortion is legal at any Rivers Banner staff. stage of pregnancy. In my opinion,

abortion is a very serious matter, one not to be taken lightly. It has to be available in cases where the mother's life is in danger. The no legal abortion law jurisdictions will see a rise in dead women. The no restriction states will see a rise in dead babies. Neither option is a good one in my view.

Abortion is also a prime example of how serious, informed discussion needs to be applied to an issue. Informed discussion needs to applied to all issues instead of riots, nasty demonstrations and military enforcement.

The Bible says we are, "as much as possible to be at peace with all mankind."

I think that's a good idea but we have long way to go..

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



Road Trip!

t's been a while since I headed out west, well, north west. A grandchild and I spent a few days in Saskatoon visiting my youngest daughter. The day we left was cool and cloudy, and parts of Saskatchewan had received several inches of snow. The parts we drove through and visited! There was one semi on its side, its load being extracted, another semi in the ditch, waiting. Having left early afternoon the roads were mostly dry as we progressed west, but we did not rely on cruise control.

It's wonderful when one has access to a young, able bodied and sharp eyed travelling companion; I drove just long enough- about an hour- allowing the real driver a break before entering the city.

Our time together was a gift. We went walking, played cribbage, watched movies and simply hung out together. Sunday afternoon we walked around the University of Saskatchewan admiring the stately old buildings and commenting on the newer builds. There is one section along the trail that displays creative outdoor art, all types, made of all kinds of materials. We followed the trail along the riverbank, finding the burial site of John Deifenbaker and his wife Olive. I can recall how very loyal my father was to his leadership, a prairie boy making good. Later in the afternoon we wandered over to Dutch Nurseries. What a treat for a soul longing for green and colours. The annuals were not fully stocked, but the perennials and the exotics and the yard and garden décor were out in full force! I succumbed to temptation buying, coming home with two Heucheras, not knowing where I will plant them, just knowing I really like the deep red of the foliage....

It was difficult to say farewell. Our time together was a smooth blending of laughter, shared memories and thought-full exchanges. Our dogs were even compatible, never snarling or snapping, walking together and resting together. But go home we must, and so we did. The sky was generally overcast making for a more pleasant drive. The snow had once more melted and signs of spring more noticeable. We saw huge flocks of geese, larger than I've seen in a long time. Pelicans, swans, and snow geese dotted the open bodies of water. We met very little construction, only one detour through Yorkton.

It's one of those things- it was great to get away, and it was great to get home. I have started any number of plants and I missed them. I had carefully watered them all before I left, and after deep consideration, turned off the grow lights for my absence. They didn't suffer in my absence. Thankfully. The little petunias are not so little and the blossoms add a gentle fragrance to my home. I'm eager to get them transplanted! The micro tomatoes and micro cucumbers are bearing fruit, and the darn peppers just won't germinate! After checking on my plantings I took Arie for a walk, allowing her to experience the joy of being home as well. Hers is a world of sights and scents and mad dashes, familiar trails and well loved trees. Good to go, good to get home!

Rivers

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Merger of Credit Unions good for rural and urban **Manitoba**

Submitted Westoba Credit Union

MANITOBA: April 17, 2024 – A merger of two of Manitoba's leading credit unions and a caisse will be better for rural and urban members, agricultural businesses, and communities, say the Boards of Directors and leaders of Westoba Credit Union, Caisse Financial Group and Assiniboine Credit Union. Today, they recommend members and employees vote "Yes and Oui" this June to a merger that could take effect January 1, 2025.

"The merged credit union would have wider geographic coverage, be able to offer a greater suite of products, have a larger scale of funding for agricultural and commercial businesses, and an ability to provide better service with access to more employees with broader and more specialized skills," says Garnet Mc-Burney, Board Chair of Westoba Credit Union.

"This merger would give us the capacity and scale to create a unique credit union that has a larger network of employees who are excited to make a difference in the rural and urban communities we serve as active volunteers. It will create more diverse career opportunities for our employees, who are our greatest strength. We are doing what we always do best, working cooperatively of the board represents for what's best for our rural Manitoba if that's members, employees, and communities. It's who we are," adds Garnet McBurney.

Réal Déquier, Board Chair of Caisse Financial Group adds that what their members value at their rural and into the future," caisse will remain the Laborero added. same.

"Decisions on loans will still be made locally with experts that understand your business and your community. In fact, this will enhance financing opportunities as with greater scale comes greater capacity to finance the needs of our members. A merged entity with \$10 billion in assets will be much more capable of meeting our business members' needs now and into the future," Déquier said.

The commitment to rural communities is also reflected in the proposed board composition of the new entity. The merged credit union would be governed by a 12-member board, which includes six members from Assiniboine and three each from Caisse and Westoba. Future elections will be held on an at-large basis, ensuring a minimum of two directors who meet its definition of a rural individual and a minimum of two directors who meet the entity's definition of a Francophone individual.

"Credit unions are financial co-operatives with democratic elections for the board of directors, where members decide who best represents their interests," says Crystal Laborero, Board Chair of Assiniboine Credit Union.

"There could be a day where a majority how members vote. We know this merger greatly enhances our ability to meet the financial needs and service preferences of our members, employees, and communities today

If approved by mem-

bers, the merged organization would be the only purpose-driven financial co-operative in the province to carry a French and English name. Assiniboine Credit Union / Caisse Assiniboinel allows either the English version or the French version to be used in serving the broad base of urban, rural, and agricultural communities in Manitoba.

Following a thorough selection process, all three boards have unanimously recommended current Assiniboine President & CEO Kevin Sitka as President & CEO of the new organization. Caisse CEO Joël Rondeau and Westoba President & CEO Jim Rediger will continue in leadership roles to support the post-merger entity.

Some of the key pressures on financial institutions like credit unions include significantinvestments necessary for digital banking advancements, growing regulatory requirements, increased competitive pressures from outside the market, and the need to spend more on increasingly complex cybersecurity measures to protect members. All require investments that are hard to sustain for one credit union on its own. To keep pace with the needs and wants of its members, it is imperative to merge now as strong partners.

The Boards of Directors and leadership of all three credit unions recommend its 970 employees and 216,000 members vote in favour of the merger this June. If the proposed merger is approved, the new entity could take effect January 1, 2025.

16th Annual Camp Bridges set for Circle Square Ranch

Submitted

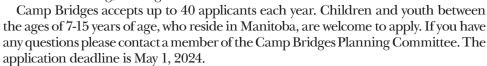
Prairie Mountain Health

izing the 16th annual Camp Bridges, a weekend camp for bereaved children and teens. Camp Bridges will be held at Circle Square Ranch, Austin MB on May 24, 25 and 26, 2024. The goal of Camp Bridges is to support children and teens with their grief and bereavement. This is achieved through activities designed to help share grief and honour memories in a caring community environment.

Prairie Mountain Health is organ-

Camp Bridges provides a safe, supportive and fun environment where grieving children and teens learn that they are not alone in their grief and are free to share their thoughts and feelings with peerswho are going through a similar experience. The camp is intended

to complement existing bereavement services for children and teens by providing a weekend of "caring, sharing and memories". Camp Bridges accepts up to 40 applicants each year. Children and youth between



Donations are being accepted to cover the cost of camp rental, meals and activities, so that campers may attend at no cost. If you wish to donate to Camp Bridges please contact Melissa Peters at 204-578-2340 or mpeters2@pmh-mb.ca.

More information, including camper applications are available online at: https:// prairiemountainhealth.ca/programs-and-services/palliative-care/camp-bridges/ or contacting a member of the planning committee.



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Canadä



FINITE FOR NEW EXECUTIVES? SERVICE GENER

By Jessica Coulter

RIVERS BANNER

Rapid City Emergency Services hosted a fundraising supper on Saturday, April 20. They were raising money for a gear washing machine and a gear dryer. The money raised on Saturday is definitely going to help purchase these two pieces of equipment. Cancer is now the number one leading cause of death in firefighters. It used to be heart attacks but not anymore. Rapid City Emergency Service Crew is doing everything they can do to try and prevent firefighters from getting cancer.

There was an awesome turn out from the community and surrounding area showing their support for this great cause, close to 170 people came out for the meal and prizes.

The supper was great! Roast beef, baked potatoes with all the fixings, beans, salad, buns, and a variety of desserts to choose from.

The department and their spouses helped to make the night a huge success "A big thanks to the spouses," says Ryan English, "and to all the donors who gave prizes for the penny auction, 36 prizes in total."



PHOTO BY RYAN ENGLISH

Close to 170 people came out to support the emergency services in Rapid City.

The Rapid City Emergency Services department will be doing a pancake breakfast down at the rodeo grounds on May 18, 2024, during the Rapid City high school rodeo May long weekend.

June 22, 2024, is the Rapid City Fair. The fire department is doing an open house that day for everyone to come see the fire hall.

Manitoba government celebrates Earth Day by restoring funding to environmental non-profit organizations

Submitted

MANITOBA GOVERNMENT

On Earth Day 2024, the Manitoba government is restoring funding to three environmental non-profit organizations to help take tangible action on climate change, Environment and Climate Change Minister Tracy Schmidt announced today.

"Manitobans are seeing the impacts of climate change first-hand and they want to know that our province is doing it's part to protect our air, land, and water for future generations," said Schmidt. "Instead of taking action on climate change, the previous government cut funding to organizations doing important work to reduce emissions and protect our environment. We're restoring that funding."

The three organizations are:

- · Climate Change Connection
- · Green Action Centre
- · Manitoba Eco-Network

Climate Change Connection received \$100,000 to advance awareness, capacity building and action on climate change across Manitoba.

"This support is so important, not just for Climate Change Connection but for the people of Manitoba," said Curt Hull, project director, Climate

Earth Day cleaning crew at Rivers Station



On Earth Day this team went out and cleaned up all the garbage around the Rivers Station, VIA Stationette, the train park area and around the train area east and west. They were doing their part to keep the community clean.

Left to right: Back Row: Kelvin Lamb, Donna Morken; Middle Row: Barb Sveistrup, Diane Marriott, Carol Hassard, Susan Citulsky, Heather Lamb; Middle of Front Row: Riley

Change Connection. "There is a real need and desire amongst Manitobans for more education about climate change and what solutions look like. This support enables us to expand our outreach and connect with more people." impacts is through collective action. Going green can be done at home, school, or at our workplaces, through composting, riding the bus or buying energy efficient appliances, but in order to do this at an accelerated pace and have a bigger impact, we

A grant of \$230,000 for the Green Action Centre will help advance climate action on adaptation planning, the circular economy, active transportation and outreach initiatives across Manitoba.

"Green Action Centre is grateful for the provincial funding being restored to the organization, as it will help us to amplify and promote the work we do," said Josep Seras Gubert, executive director, Green Action Centre. "We truly believe the only way to fight climate change and its destructive

impacts is through collective action. Going green can be done at home, school, or at our workplaces, through composting, riding the bus or buying energy efficient appliances, but in order to do this at an accelerated pace and have a bigger impact, we require support and resources. Earth Day is a day to celebrate and demonstrate support for climate actions and solutions. We look forward to working with the Manitoba government to continue to find ways to reduce the province's emissions while improving Manitobans' lives."

The Manitoba Eco-Network received \$60,000 to help further inner-city climate adaptation work in Winnipeg through the Climate Safe, Green City project.



Banner Press RIVERS BANNER



PHOTO BY ROB WADDELL

As the sun dropped below the Riding Mountain skyline, this herd of whitetail deer were munching through some tasty crop residue. Compared to the mid-1900s before minimum tillage was common practise, the amount of crop residue has increased significantly. That change in farming practices has helped spur population growth in species like the white tail.





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Farmers' Advocate



Minerals are important for reproductive livestock performance

By Shawn Cabak SUBMITTED

Trace minerals, along with calcium and phosphorous are required to maintain productivity, health and reproductive efficiency in cattle. The trace minerals copper, manganese, zinc, iodine, cobalt and selenium are all important for livestock. Care must be taken when supplementing minerals as large amounts can cause toxicity.

Trace mineral deficiencies may not noticeably affect growth performance but can drastically affect breeding and reproductive performance. Trace minerals are closely involved with the cow's ability to cycle and rebreed after calving. If trace minerals are deficient it will take animals longer to show heat after calving, and fewer animals will catch within the first cycle. Phosphorous require-

ments increase after calving and is known as the fertility mineral. A deficiency can severely affect reproductive performance and the length of time it takes for a cow to rebreed. It is important to have proper mineral supplements available to animals prior to breeding and during the breeding season. Mineral tubs with covers help prevent weathering and improve the consumption of free choice fed minerals.

In a trace mineral survey conducted across Western Canada between 2014-2019 Dr. Campbell of the Western Vet College reported cows blood tested were 24.4 -42.9 percent deficient (less than 0.5 ppm) in copper with 85-92 percent of herds having at least one deficient animal. In 2019, 63 percent had less than adequate blood copper levels (0.6 ppm). Copper deficiency affects livestock perform-



SUBMITTED PHOTO

All cattle do best when grazing conditions are ideal but even under good conditions, mineral supplements are required to maximize growth and herd health.

ance, immunity, animal health and reproduction/breeding.

To alleviate copper shortages ensure adequate mineral is being supplemented in the cattle rations. Force feeding mineral for three months before calving resulted in six times more cows likely to have adequate copper compared to free choice. Cows force fed mineral cycled two times faster and became pregnant five days earlier.

Shortening up a breeding season is profitable in several ways. Calves that gain on average 2.5 lbs/day will be approximately 53 lbs heavier at weaning if born 1 cycle earlier and 106 lbs heavier if born 2 cycles

earlier. More calves that are born closer together in a shorter calving interval will be more uniform at weaning resulting in bigger packages in the sale ring that will bring premium prices.

Spring pasture management

By Shawn Cabak
SUBMITTED

After feeding the cows all winter for 200 days plus, most producers are anxious in the spring to send the cows to pasture. Most cows after eating the same feed all winter long are ready to eat fresh green forage when it first starts to grow. Even though the cows and the farmers are ready for the grass, be sure the grass is ready for the cows.

A cow nursing a young calf has its highest nutritional demands in the first 2-3 months after calving. The cow has to produce milk, recover from calving, maintain condition and prepare for re-breeding. The energy, protein, vitamin, mineral and dry matter requirements for a cow are at its peak during this period. A 1,400 lb. cow requires approximately 35-39 lbs. of dry matter (2.5-2.75 per cent of body weight) averaging 11-12 per cent protein, low to mid 60's in energy, vitamins and mineral. As fed, this equals 4146 lbs of very good quality hay at 15 percent moisture. Since hay usually isn't high enough energy additional silage, greenfeed or grain will help boost the energy level in the diet.

How much fresh grass on pasture needs to be consumed? Since new forage growth in the spring is high in moisture averaging 80-85 percent a cow would have to consume 175 - 233lb to meet her nutritional requirements. Chances are consumption will not be adequate if grass growth is minimal. Cows need to be on a rising plane of nutrition entering the breeding season and ideally in a body condition score of 3 plus or minus half a point.

There are several factors to consider when turning the cows out onto pasture before the grass is ready. If the animals nutritional needs can't be met milk production will be lower affecting calf gains. If the cows are losing weight they may not cycle properly causing them to be bred late or not at all. Early in the spring slow growing forages initial growth is from root reserves. The plants can't capture the sun's energy until green leaves are present. Once the leaves get bigger, photosynthesis kicks into high gear speeding up growth and allowing plants to recharge the roots to remain healthy and productive.

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Farmers' Advocate





Neepawa 4-H Beef club holds Crash Day

Submitted

FARMERS' ADVOCATE

Our practice achievement, called "Crash Day," was held on Apr. 20. Sveinna Bjarnarson showed our members how to tie their animals safely in the chute and blow dry them. Paul and Madisyn Robertson gave a clipping demonstration, and Madisyn and Sveinna showed members different combs and products. Carson and Tim Baker, and Shelley Bjarnarson took our clover buds members aside to talk about showing and showmanship, and they were able to have a mock practice using some of their baby calves.

We were thrilled to host Karen Olafson, Club Support Coordinator from 4-H Manitoba, along with several senior members interested in being selected for the new 4-H Manitoba Judging Team for Agribition. Tim Baker put on his judging hat (literally) and explained to all members of the class of yearling heifers how he would evaluate the judging cards and reasons. Our senior and intermediate members then buddied to

help the juniors and clover buds before judging their class. Our club has put a considerable emphasis on oral reasons, and after everyone had filled out their judging

SUBMITTED PHOTO

Some of the younger Neepawa 4-H Beef Club members were paying close attention to their instructors at Crash Day on Apr. 20 at the BP Ag Complex in Neepawa.

cards, all members gave oral reasons individually. Seniors were required to provide their reasons without their judging cards. While members were waiting to provide

their reasoning, we reviewed the schedule of events for Achievement Day. Some of our clover buds brought their baby calves and spent extra time practicing their newly acquired skills. After everyone had provided reasons, Tim explained what he was looking for and answered questions from participants.

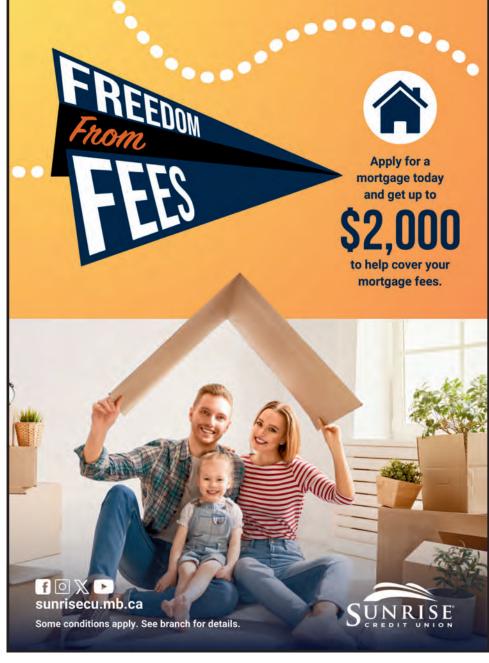
Karen Olafson invited our four senior members to join the other 4-H Manitoba participants, and they evaluated hay and tea cups. This was a very fun activity that also intrigued parents (especially the teacups).

Our club leaders feel it is essential to stress communication skills (public speaking, oral reasoning) and sharing skills. We expect our older members to buddy up with younger members to help them at events and on achievement day. We strongly discourage parental involvement in the show ring as we feel the members learn better from other members.

We invite you to the Beautiful Plains Ag Society Ag Complex on Tuesday, July 2, for our club achievement and Wednesday, July 3, for our inter-club show.

Thank you to our members for their enthusiasm, the parents and leaders who assisted, our fellow 4-H members from other clubs, and Karen Olafson for joining our group.





Farmers' Advocate







grazing management

By Shawn Cabak Submitted

- **1.** Balance forage demand with forage supply. To be sustainable forage production should exceed demand resulting in residue carryover most years. In higher rainfall years this extra forage is the buffer to help make it through dry years. The carrying capacity of a pasture is the number of animals that be grazed annually without harming it (overgrazing).
- 2. Distribute livestock grazing pressure evenly. A multi-paddock rotational grazing system that increases stocking density will improve forage utilization and grazing uniformity. Rotate cattle before they can re-graze regrowth.
- 3. Minimize grazing events

during vulnerable periods. Grazing plants too early in the spring will affect season long production. Graze after the 3-4 leaf stage or when plants are at least 6" tall. Avoid grazing wet/ flooded ground as hoof action will cause excessive compaction, trampling and damage plants.

4. Allow effective rest after grazing. Plants that can rest and recover are healthier and more productive partly due to stronger roots. When forages are growing fast (spring) move the cattle faster and when growth slows down (summer) move the cattle slower.

For more information contact the Manitoba Agriculture office in Portage at 204-239-3353 or shawn.cabak@gov.mb.ca

The four principles of **JAS celebrates 20th Buy the Beef Bull sale**

By Ken Waddell FARMERS ADVOCATE

The McLaren family, long time Neepawa area cattle ranchers, held their annual JAS Red Angus bull sale Apr. 2 at the Neepawa Ag Complex. Eighty-four bulls were consigned to the sales from JAS, along with consignment CAMO Cattle Co., Madsen Angus and Nolan Cattle Co.

The top selling bull was Lot 65, Red Camo Franchise 40L, a big yearling bull consigned by CAMO Cattle Co. that sold for \$12,000. 40L weighed 90 pounds at birth, 775 pounds at weaning time and 1235 pounds at one year of age.

Jason McLaren of JAS



said, "The sale average was \$6,080 per bull."

As this year was the 20th anniversary sale, congratulations were ex- a delicious beef-on-a-bun tended by the consigners and many of the buyers. As usual, the sellers hosted

pre-sale lunch for buyers and friends.



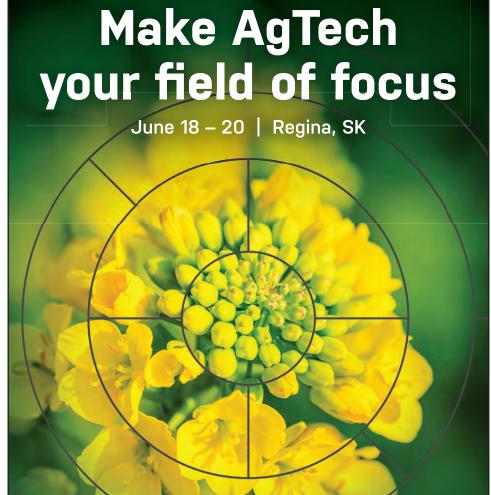




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Riverdale Municipality Meeting Minutes

April 16, 2024 - DRAFT



Submitted
RIVERDALE MUNICIPALITY

In attendance, Mayor Lamb, Councillors Smith, Mason, Veitch, Peters, Creighton, Pod

and CAO Marci Quane.
PUBLIC HEARING/DELEGATIONConditional Use Applications and Variation
Order Applications

MONTHLY RE-PORTS were heard from Public Works, Police and Finance

POD/VEITCH

Be It Resolved that the List of Accounts submitted to Council and having been certified by said council and totalling the sum of \$71,546.91 being cheques numbered 14506 to 14540 be hereby passed for payment. CARRIED

SMITH/MASON-Whereas Dean & Lori Hebert, owners of property legally described as being NW 12-11-20 W, applied to the Council of Riverdale Municipality for conditional use approval in order to have a non-farm dwelling in the "RA" zone;

And after careful consideration of the application and any representations made for or against it, the Council of Riverdale Municipality, in meeting duly assembled this 16th day of April, 2024 approve said application.

CARRIED

VEITCH/POD-Whereas Dean & Lori

Hebert, owners of property legally described as being NW 12-11-20 W, applied to the Council of Riverdale Municipality for a variation order to: Vary the maximum nonfarm parcel size from 10 acres to 49.16 acres; And after careful consideration of the application and any representations made for or against it, the Council of Riverdale Municipality, in meeting duly assembled this 16th day of April, 2024 approve said application. CARRIED

PETERS/MASON -Whereas Ian Dyer, owner of property legally described as being NE 11-12-22 W, applied to the Council of Riverdale Municipality for conditional use approval in order to have a non-farm dwelling in the "RA" zone; And after careful consideration of the application and any representations made for or against it, the Council of Riverdale Municipality, in meeting duly assembled this 16th

day of April, 2024 approve said application. CARRIED

CREIGHTON/ PETERS -Whereas Jaydon Tait, owner of property legally described as being SW 19-12-20 W, applied to the Council of Riverdale Municipality for a variation order in order to: Vary the front yard requirement from the required 125' to 98'; And after careful consideration of the application and any representations made for or against it, the Council of Riverdale Municipality, in meeting duly assembled this 16th day of April, 2024 approve said application.

CARRIED

RF Now - Request to Install Fibre Network – Tabled

Municipal Donation, Rivers Lions Club-Councilintends to work on a policy to administer grants and donations in the future. All requests will be encouraged to apply once the policy is created. Raise the Glass Campaign was

reviewed and Clacks Family Heritage Museum Foundation was reviewed.

Drainage Concern, G. & C. Murray – Tabled

Drainage Concern, D. Kroeger - Tabled

8.7 Tile Drainage Application 2024-01 Cochrane_N14-11-22

POD/CREIGHTON -Whereas Darby Cochrane, owner of property legally described as being; N 14-11-22, applied to the Council of Riverdale Municipality for tile drainage in order to: Have NextGen Drainage Solutions install a tile drainage system on N 14-11-22; And after careful consideration of the application and any representations made for or against it, the Council of Riverdale Municipality, in meeting duly assembled this 16th day of April, 2024 approve said application with the following conditions;

THAT the tile drainage system be operated within the terms of the present and future

amendments to the Tile Drainage Policy PW_05-17;

THAT the owners of all property affected within 3.2 km from the discharge point be provided written notice;

THAT all required licenses from other regulatory bodies be obtained and provided to the Municipality prior to the commencement of the installation;

Be It Further Resolved that Council of Riverdale Municipality authorize the applicant to operate the drainage system between the months of April to December, annually.

CARRIED

Letter of Donation - Estate of Donald J. McFadden

POD - PETERS -Whereas Riverdale Municipality has received a generous donation from the Estate of Donald J. McFadden; Therefore be it resolved that council transfer \$35,000 to the recreation reserve for future upgrades to the Riverdale Community Centre. CARRIED

APPLE GINNAMON SWIRL LOAF

Homemade Apple Cinnamon Swirl Loaf is the cozy, delicious treat for afternoons tea. Bake, slice, enjoy!

Ingredients:

1/3 cup light brown sugar 2/3 cup white sugar

1-1/2 cups all-purpose flour

1/2 cup milk

Old-fashioned glaze: 1/2 cup of powdered sugar 2 tbsps of milk 1 tsp ground cinnamon 1/2 cup butter, softened

1-1/2 tsps vanilla extract 1-3/4 tsps baking powder

2 apples, peeled and chopped (any kind)

Directions:

- 1) Preheat your oven to 350 F (175 C). Grease and flour a 9x5-inch loaf pan.
- 2) Mix brown sugar and cinnamon together in a bowl. Set aside.
- 3) In another bowl, beat white sugar and butter together until smooth and creamy.
- 4) Beat in eggs, one at a time, then stir in vanilla extract.
- 5) Combine flour and baking powder, then add to the creamed mixture and mix well. Finally, stir in milk until batter is smooth.
- 6) Pour half the batter into the prepared pan. Cover with half of the apples, then half of the brown sugar/cinnamon mixture. Pour the remaining batter over apple layer and top with remaining apples and brown sugar/cinnamon mixture.
- 7) Bake for 30 to 40 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
- 8) Cool in the pan for about 10 minutes before removing to cool completely on a wire rack.
- 9) Whisk powdered sugar and milk together to make the glaze; drizzle over cooled bread.



Primula for Spring

Submitted

By Patricia Hanbidge

Primula or primroses are perhaps the most wonderful or our spring blooming (and often fall) perennials. You may have seen them in your favourite floral shop, as well as the grocery and big box stores! Their happy colours make me smile while shopping for groceries and other household goods!

Polyanthus or auriculas are members of the Primulagenusthatboasts of over 425 species and literally thousands of hybrids. It was about the sixteenth century when primulas first began to grace gardens in Europe. It has been over 350 years since they were first cultivated for sale. There is a huge selection of plants available that are actually much more diverse than we commonly see here.

This very vivid spring blooming perennial shouts out the end of winter with bold yellows, reds, pink and blues. There is nothing that

siness Directory

at your fingertips

celebrates the end of winter with such pizzazz! How amazing that these low, ground-hugging rosettes of leaves can produce such a show. The bloomsshootuptothesky dancing above the leaves with weeks of long-lasting colour.

They require little care other than evenly moist soil that is rich in organic matter. The auricala primroses are native to the Alps, Apennines and Carpathian Mountains. They thrive in a neutral to slightly acidic moist, humus soil in sun or partial shade. They insist on good drainage as the thick stoloniferous roots will quickly rot in over damp conditions. Follow these guidelines in your garden and you will have years of success with an ever expanding patch of primula.

They require little fertilization as long as the soil is nutritious. If not, a light spring fertilizer is sufficient for happiness. Once they are well established they will benefit from division in early



Beautiful primroses blossoms.

spring and as long as they are shared with other gardeners who

have their own site that is humus rich and in a partially shaded site they will flourish!

There is actually a national auricula and primula society in the U.K. that is quite active in promoting the growth of primulas. There are plant swaps, contests and shows that are sure to please every primula fancier! In milder climes there is more variety grown including Border, Double, Alpine and Show Auriculas. For us,

the Border Auriculas are

the hardiest and the most successfulin ourgardens.

They can be grown from seed quite easily. Thompson and Morgan sells 'Douglas Prize Mix' and Stokes has a great selection of Primula acaulis in a multitude of single and mixed colours. To germinate they generally need to be chilled to break dormancy and then need a fairly specific condition that includes light for germination. It isgenerallyverysatisfying to successfully germinate seeds that need special conditions, however for first time growers, it is best to try something that easier to be successful.

I think one reason why I love purchasing primula at this time of year as it truly says that spring is just around the corner. I bring home the primula to enjoy inside the home and in spring (our spring) I simply plant them outside where they continue to happily bloom. Beware though that as they are generally shipped in from British Columbia they echo when spring happens in a much milder climate. In the colder climes, we can enjoy them usually in May in the garden.

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Help Wanted



DAY CAMP LEADER **Riverdale Recreation Commission**

NOW ACCEPTING RESUMES FOR THE 2024 RRC SUMMER DAY CAMP LEADER POSITION!

The Day Camp Leader is responsible for planning, leading, and implementing core and non-core programs and experiences for children in a small group setting. They will also be responsible for the general safety, development, and growth of the participants.

> Please submit all resumes & cover letters to Christine Walker at Riverdale Community Centre or email recreation@riverdalemb.ca

DEADLINE FOR APPLICATIONS: May 3rd, 2024





NOW HIRING Summer Students

Mirror Riverdale Municipality is accepting applications to hire summer students for 2024. Get handson this summer with a rewarding opportunity! Join our team as a Summer Student in Public Works and be part of the crew that keeps our community running smoothly!

- Position: Summer Student Public Works
- Location: Riverdale Municipality
 Duration: Summer season (starting as early as May through August)

Assist with general maintenance and repair tasks across various public works projects. Support landscaping efforts, including mowing, weeding, watering flowers and trees, planting, and campground maintenance. Assist with street and sidewalk maintenance, such as patching and painting. Aid in the upkeep of parks, playgrounds, and other public spaces. Assist with equipment maintenance and cleaning as needed.

Qualifications

Eligible applicants must be 16 years of age with a class 5 driver's license. Applicants 15 years of age may be considered but will require a youth work permit upon hiring. Enthusiastic and eager to learn about public works operations. Ability to perform physical tasks in various weather conditions. Willingness to work collaboratively with team members. Strong communication skills and attention to

Gain valuable hands-on experience in public works and maintenance. Work alongside experienced professionals and learn new skills. Flexible scheduling to accommodate your summer commitments. Competitive pay rates and potential for overtime opportunities. Opportunity to contribute to the mprovement and beautification of your community

♣ 8 Don't miss your chance to be part of a dynamic team dedicated to keeping our community safe, clean, and functional! Apply now to become a Summer Student in Public Works and make a tangible

Please submit a full resume, including three (3) references, marked "Public Works Summer Student" to admin@riverdalemb.ca Resumes will be reviewed starting May 3rd, 2024 at 12:00pm.

> Riverdale Municipality PO Box 520

Rivers, MB

Help Wanted

COACHES WANTED

Accepting Applications

High School Hockey team for the 2024-2025 season, include 30+ league games in Westman High School League & Playoffs

Weekly Practices at a minimum

We are looking to build a coaching team of 3-4 to lead our players in developing their hockey and citizenship skills in a positive sporting environment. All MHSAA and Hockey MB Coaching Certifications will be required by successful candidates.

To express your interest in coaching RAGE Hockey, please contact: TARYN LUHOWY tluhowy@rrsd.mb.ca Deadline: June 14, 2024

Interviews may be required depending on interest

CLACKS FAMILY HERITAGE MUSEUM FOUNDATION INC



invites applications for the position of supervisor for the 2024 season.

Must be 18 years of age or older, possess a valid class 5 drivers licence and completion of recognised grade 12 certicicate. Must be available to work weekends

Responsibilities include supervising summer students, daily record keeping, guiding tours and performing daily duties

as directed by the board. Employment consists of Wednsday to Sunday, commencing June 15th through Aug. 25th, 2024.

40hrs/wk 9:00 am to 5:00 pm. salery based on education and experience.

Please send resume to Susan Citulsky, Box 116, Rivers, MB. R0K 1X0. Deadline for applications is May 24th, 2024.

R.M. of Oakview HELP WANTED

SUMMER STUDENTS

The R.M. of Oakview (L.U.D. of Rapid City/ L.U.D. of Oak River) is accepting applications to hire summer students for 2024. Start date may be as early as May, ending in September.

Duties include maintaining grass, weeding, watering flowers, recycling, painting and other duties as required.

Requirements:

Preferences goes to those with a valid Class 5 Drivers Licence.

Ability to work some evenings and weekends if required.

Ability to operate small municipal equipment such as lawn mowers and grass trimmers.

Applicants must be energetic, friendly, be able to take direction well and work independently.

Closing date for resumes is Friday, May 3rd, 2024 at 4:30pm.

Please submit a resume with cover letter to the Oak River or Rapid City office or email: info@rmofoakview.ca.

We thank all those who apply and advise that only those selected for further consideration will be contacted.

Help Wanted

POSITION TITLE ELEVATOR OPERATOR

LOCATION NORMAN, MB

POSITION SCOPE

Reporting to the Elevator Manager, the Elevator Operator is responsible for receiving and loadout of grain in a safe, efficient and traceable manner.

RESPONSIBILITIES

- Bin grain varieties and trace
- · Loadout grain varieties and trace
- Safe operations in all weather conditions · Elevator maintenance and housekeeping
- Other routine duties as assigned

SKILLS AND EXPERIENCE

- · Familiarity with agriculture industry
- Mechanical aptitude
- · Ability to work independently
- Some physical demands

EDUCATION

- Minimum Grade 12
- COMPENSATION
- A competitive compensation and benefits package will be provided.

Interested applicants should

apply with a resume and cover letter to mbabatunde@canadamalting.com by May 3, 2024

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AGAINST PROSTATE CAN-CER. RIDE DAY - SATURDAY MAY 25, 2024, 10 AM start -Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge FEED & SEED / AGRICUL- TURAL - FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942

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Oak River's Family Fun Bingo



PHOTO BY MARCI SHACHTAY

By Marci Shachtay

Oak River School Secretary/Librarian

On April 16, Oak River School hosted their second annual Family Fun Bingo and pie auction. We had a total of 17 pies to auction off. It was again a huge success with almost 80 people in attendance. Thank you to Valleyview Co-op, Fusion Credit Union, and all the community members that either came in to support the bingo or donated items towards the Bingo. Without all of you, none of this would be possible.

Can't wait to hold another family fun Bingo next year.



Mallard Hen House Nest Structures A Manitoba Success Story

Submitted

By Wayne Hildebrand

You see them in wetlands when driving through south-western Manitoba, but few know how incredible this "made in Manitoba" bird conservation initiative is. The 'mallard hen house nest structure' is a key piece of a conservation recovery plan for a declining population of mallard ducks in the province.

Mallard ducks and other waterfowl are arriving in Manitoba from their southern wintering grounds. One of their first tasks is to find good nesting sites. Mallards prefer a nesting site on uplands, within natural grasslands, hay fields, and pastures with some brush cover, fairly close to permanent water.

Mallards don't carry nesting material to their nest, unlike many birds. The hen forms a shallow depression in the ground and then pulls vegetation she can reach toward her. She often pulls tall vegetation over the nest to hide it from predators.

The landscape and the abundance of uplands available for the mallard to find a nesting site has changed within the Prairie Pothole Region since 1970. The availability of good nesting sites is critical to the survival of mallards. In the Prairie Pothole Region, mallard duck numbers have decreased since 1970.

How to boost mallard production was the driving force behind the development of the hen house nest structure

A mallard hen house is made of wire mesh rolled into a tunnel, packed with flax straw, stuffed with brome grass and mounted on a pole in permanent wetlands. The elevated and covered frame provides a safe nesting site, out of the reach and sight of predators.

The idea of making a tunnel shaped nest for mallard hens, with a covered top, much like mallards do

naturally, was conceived at Delta Marsh near Portage La Prairie, Manitoba in the late 1980's. Today, Manitoba has more hen house nest structures installed in wetlands than any other province in Canada.

"In fields without grass for the mallard to build a nest, the hatch success (hatched eggs) is often less than 5 percent," said Matt Chouinard from Delta Waterfowl. "Even in great duck nesting cover, nest success is often below 15 percent. Mallard hens

nest success is far better in the nest structures, between 60 and 80 percent!"

"The hen house nest structures have been an incredible success," said Roy Bullion of Manitoba Habitat Conservancy in Shoal Lake. "Since the late 1980's Manitoba Habitat Conservancy, Delta Waterfowl and other conservation groups have partnered with landowners in the Prairie Pothole Region to install nest structures to boost duck production. Our farm family partners have been very supportive of the initiative."

"Agricultural producers are very important to waterfowl production," said Roy. "Right now the mallards are feeding on high protein invertebrates, which are found on cultivated cropland, as well as hay fields and pastures. This spring nutrition and protein is important to egg laying."

To many people driving through rural, agricultural

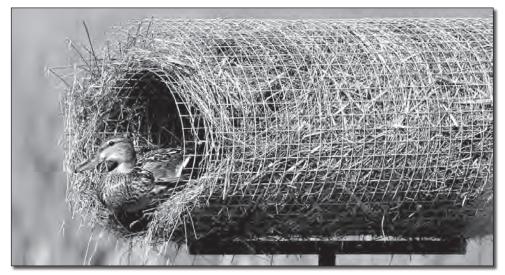


PHOTO BY WAYNE HILDEBRANE

Manitoba, all wetlands start to look the same. But a mallard hen house in a wetland is noticeably different. "They stand out and they trigger a conversation about conservation," said Jessica Belcher of Manitoba Habitat Conservancy in Minnedosa.

"Manitoba Habitat Conservancy (MHC) and Delta Waterfowl, in partnership rural landowners, has installed and annually maintains over 1650 mallard nest structures in prime pothole areas around Minnedosa, Rivers, Shoal Lake, and Reston," Jessica said. "The mallard hen house is just one example of the many projects where Manitoba Habitat Conservancy (MHC) works with private landowners to deliver programs supporting wildlife, water quality and biodiversity."

To find out more about wetland and waterfowl conservation initiatives, call the local offices or visit the MHC website at mhc@mbhabitat.ca

Rivers Lions Club Fish Fry serves 115 pounds of pickerel



Preparing the fish for the fry.

By Jessica Coulter
RIVERS BANNER

On Sunday, April 21, the Rivers Lions Club hosted their annual pickerel fish fry at the Riverdale Community Centre in the curling rink. The fish fry has not run for the last few years, but the Lions Club was very happy to be able to host the event again this year and hope to continue to in the future.

The crowds filled the rink from 4:30 to 6:30 pm. Close to 200 people came out from Rivers and surrounding communities to enjoy a perfectly cooked fillet, wonderfully prepared by the Rivers Lions Club members. The club also offered delivery for those who could not attend. They made twenty-eight deliveries.

The Rivers Lions Club currently has sixteen members and fourteen were hard at work on the day preparing the rink for company and prepping the food for the meal. There were two extra volunteers that did a fantastic job helping out as well.

"Thank you to the Legion Ladies Auxiliary for their support and our volunteers," says Deb Webster, Rivers Lions Club Secretary, "it is a lot of organizing and hard work, but it was great to be back out there again. We enjoy getting together for our events as we do have fun and a few laughs here and there."

The Rivers Lions Club is always looking for new members to join their ranks. So, if you enjoy getting together with some fantastic folks to plan events like this fish fry, reach out to them and find out how you can be a part of a great community team. Contact Deborah Webster at deborahwebster27@gmail.com for more information.

"We are very thankful for the support we get from our community. It was great to see everyone who attended," says Deb Webster.



The crowd can not get enough of this delicous pickerel.

HOTOS BY JESSICA COULTER



Top left: Sandhill crane taking flight at Brierwood Creek.

Bottom left: The swans and ducks have returned to the Assiniboine Valley just south of Sioux Valley.

Top right: The Hens are sprouting new Chicks for the summer.

Bottom right: A short road trip and short hike will bring you in view of the beautiful Prairie Crocus Flowers in the valley.



PHOTO BY JESSICA COULTER



PHOTO BY JESSICA COULTER



PHOTO COURTESY OF DONNA FALKEVITCH



PUBLIC NOTICE

REGARDING THE 2024 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of Riverdale Municipality intends to present its financial plan for the fiscal year 2024 at a public hearing on the 9th-day of May 2024 at 7:00 p.m. at the Legion Hall, 633 Second Avenue. Council will hear any person who wishes to make representation, ask questions or register an objection to the financial plan, as provided.

Copies of the draft financial plan are available for review and may be examined by any person during the regular office hours of Riverdale Municipality at 670 – 2nd Avenue, Rivers, MB **on or after April 17**th, **2023**

Marci Quane, CMMA Chief Administrative Officer

Contact: 204-328-5300 or cao@riverdalemb.ca



Oak River Office Box 179 Oak River, MB ROK 170 204-566-2146

Rapid City Office Box 130 Rapid City, MB ROK 1W0 204-826-2515

The R.M. of Oakview is accepting requests for dust control application in front of residences and/or established sites within the Municipality on a pre-payment basis.

Applications are available at the Oak River or Rapid City municipal offices and on our website (rmofoakview.ca). Applications and payment are due by May 17, 2024.

Applicants will be charged:

\$230 for a 12 x 300' strip \$530 for a 16 x 500' strip

Other lengths are available by request.

Sites must be marked by applicants by June 1st, 2024 **Payment Options**

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Payments will be refunded if there are not enough requests for a truckload.

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Apr 26



21

Live Pro Wrestling in Rivers

Spring Thrift Sale Rivers United Church

28



29

30

Oak Lake Rink Paint the Ice Night 7 - 8:30pm 2

Crib Night
Rivers Legion
7pm

3



Immaculate Conception Parish Spring Tea 2 - 3:30pm

Rivers Fish and Game Outdoor 3D Shoot 6

7

Woodworth Seniors Club in Kenton 2pm

Woodworth

Seniors Club

in Kenton 2pm

8

Crib Night
Rivers Legion
7pm

10



Mothers Day Craft Show in Hamiota