

Rivers

Home hardware building centre

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

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

**stand out.
 advertise.**



RIVERS BANNER

GAZETTE-REPORTER

Local People. Local Stories.

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

Weather holds for Acres for Hamiota harvest worth \$44K



Under sunny skies, at the Acres for Hamiota field day lunch on Oct. 10, Mark Knight (L) and Firmin Desroches cut the cake decorated by Country Crocus Bakeshop.

By Anne Davison
 RIVERS BANNER

A cres for Hamiota harvest crew pulled into the 120-acre patch of soybeans about 12 kms south of town, on Hwy 21 on Friday, Oct. 10. Saturday brought winds of change and by Sunday the weather turned sour, a roaring gale in near zero conditions bringing a skiff of precipitation.

But on Friday, Acres for Hamiota fundraiser harvested on the last gorgeous fall day, making the field day a fun occasion, a point of thanksgiving on the weekend marked to celebrate Canada's bounty.

Mark Knight, headed up this year's harvest and when it was all said and done he said, "The Acres for Hamiota

harvest day went extremely well. The combine crew finished up around 4:30 and everything went without a hitch. We took off approximately 3700 bushels that we will sell for \$12 per bushel."

Sunny skies

At noon, about 75 community members, plus a school bus full of kids, plus the harvest crew had lunch sponsored by Acres and organized by Leanne Haggarty.

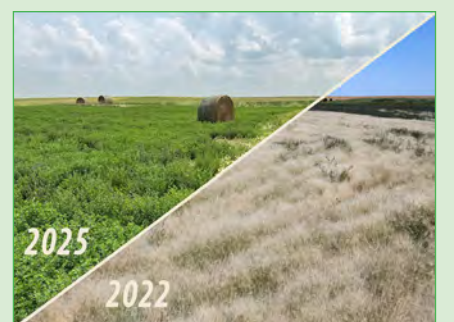
Knight addressed the crowd gathered in lawn chairs in the mowed clearing on the field's edge. "Thanks for the community support and the members here that keep this project going. We'd like to thank the school for sending the grade 3 and 4 class."

read more about the Acres for Hamiota harvest on page 2...

Inside...



MASTER-PIECES BEING CREATED
P6



DUCKS UNLIMITED CANADA UPDATE
P8

Acres for Hamiota's



Grade 4s check out the ripe bean plants.



PHOTO BY ANNE DAVISON

Grade 3 learns from Blair Charlton and Derek Ashcroft about the many uses of soybean oil.

continued from page 1

He introduced Acres board members: Travis Brooks, Laura Cowling, LeeAnn Haggarty, Kevin Kirk, Brodie Smith, Blair Charlton, Derek Ashcroft and Nancy Smith.

Land owner Cindy Routledge rented the field to the group for 2025 and 2026. Knight said, "We really want to thank her for that support. Finding a piece of land is one of our biggest challenges and its nice for a producer to volunteer to rent that to us. It keeps this project going."

Local producers donated time and equipment: Combines were supplied by Firmin Desroches, Allan and Sarah Sooter, Duane and Rylan Kent. Mark Knight brought a grain cart, Tom Lelond, Brett McRae and Kevin Kirk supplied trucking.

Oakner Cargill elevator, within sight of the fields, had a long line of trucks delivering this day. But the elevator wasn't taking beans. However, about 10kms away, Knight Seeds had a bin and auger set up to supply storage for the bean crop.

Knight thanked businesses for their donations. "We get a lot of donations from a lot of different companies... thank you to them."

"We want to give a special thanks to Pioneer Hi-Bred for donating the seed. This spring it came through Chappell AG Ventures. And the Pioneer Hybrid rep is Gerald Lepp."

Nutrien Ag donate a good portion of our fertilizer...BASF chemical co donated some chemical.

Hamiota school students were involved from the time the bean seeds germinated and again on this harvest day. Wendy McDonald from Manitoba Pulse

Growers came out in the spring to take grades 3, 4, and 5 into the field in June. They identified plants and weeds.

This fall, Blair Charlton and Derek Ashcroft toured the classes for an understanding of the harvesting process, what soybeans supply and the community benefits from the Acres for Hamiota harvest.

Most recently, blinds were provided for the elementary school; a new flooring for the 55+ Centre and R-Store; the new mini golf and a pool liner are just some of the projects the Acres fundraisers have supplied in their five years of operation.

The community is invited to apply for new projects for the Acres board to consider.

McDonald guided students through creating 3-D bean thank you cards for volunteers of Acres for Hamiota.

CREAMY AFTER-THANKSGIVING TURKEY SOUP

Ingredients

- 1 turkey carcass
- 1 cup butter
- 1 large onion, chopped
- 2 stalks celery, diced
- 2 large carrots, diced
- 1 cup all-purpose flour
- 2 cups half-and-half
- 4 ounces fettuccine, broken to 2-in pieces
- 1/4 cup prepared stuffing, or more to taste
- 2 tps salt
- 3/4 tsp black pepper
- 1 tsp chicken bouillon granules
- 1 pinch poultry seasoning

Directions

1. Place turkey carcass in a large pot or Dutch oven and cover with water. Bring to a boil. Reduce heat to medium, cover, and simmer for 1 hour. Remove carcass and allow to cool. Separate turkey meat from bones. Cut meat into bite-sized pieces; discard bones. Reserve 12 cups turkey broth in a large bowl. Save remaining broth for another use.
2. Melt butter in the same large pot over medium heat; cook and stir onion, celery, and carrots in hot butter until tender; about 5 minutes. Sprinkle with flour; cook and stir until smooth, about 5 minutes. Gradually stir in 4 cups reserved turkey broth. Bring to a boil; cook and stir until thickened, about 2 mins.
3. Stir in remaining 8 cups turkey broth, turkey meat, half-and-half, fettuccine, stuffing, salt, bouillon, pepper, and poultry seasoning. Reduce heat to medium-low, cover, and simmer until noodles are tender, about 10 mins more.

GAZETTE-REPORTER

Rivers Banner

WE HELP MAKE YOUR BUSINESS MORE CREATIVE

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

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

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



Virtual getaways



These days, I spend a lot of time in front of a computer screen. I work from home. My days are spent researching and writing material for Sunday services, researching and writing these columns and serving the church in several other administrative roles.

Most of my days are orderly and very rewarding. But there are some days when I would give anything just to get away from it all for a while. That's when I take a few minutes for a virtual getaway—sometimes part of a cruise along the coast of western Norway, a flight from Vancouver to Victoria aboard a Harbor Air seaplane, or a portion of a train journey across Canada on the iconic Via Rail Canadian passenger train.

These getaways may not be as fulfilling as being personally aboard the ship, plane or train. But the images are vivid and the sounds realistic. They

allow me to escape for a while, to imagine myself somewhere other than at my desk. These getaways are not a waste of time. My work still gets done, only faster and with greater clarity and accuracy.

My virtual getaways aren't always on cruise ships, aircraft or trains. Sometimes, I travel with content creators to parks, cafes, historical sites and museums. Some trips cover filming locations for movies or TV shows; or we may visit the final resting places of people whose words and work helped to change our world and its people.

Most virtual getaways are to places that I will never be able to visit in person. The cost is prohibitive, and the risk of international travel is not something I am prepared to take right now. But every virtual getaway reminds me of truths that are easy to forget.

First, beauty and majesty can be found everywhere in God's creation; and it is given to all of us to enjoy. It can be found in the delicate bloom of the spring's first crocus, in the majesty of massive trees, in the wildlife that lives in marshes, forests and river valleys, and in the people who live and work in our communities. Sometimes, we have to look closely so that we don't miss the hidden beauty we can see before us.

Second, the rugged mountains and massive canyons remind me that this world was here long before we arrived and will be here long after we are gone. We are temporary residents in a house that has been standing tall and strong for thousands of years.

Third, the age of the earth reminds me that we do not own what we think we own. Everything we

have comes from the earth. The Bible reminds us that we are all under the same sentence: "Dust you are, and to dust you will return." (Genesis 3:19) The raw materials for the things we own (houses, vehicles, furnishings, technology, etc.) came from the earth; and when those items wear out or are broken beyond repair, they will be reduced to the elements from which they were taken. What can be recycled will be. What can't will be returned to the earth. None of it will follow us into the life to come.

So these days, when I take my virtual getaways, I remember the truths written above and ask for the wisdom to care for the small part of God's creation entrusted to me. My hope is to leave it better than I found it, so that whoever inherits it from me will enjoy it as much as I enjoy it now.

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

JESUS IS LORD

Join us Sundays at 10:30 a.m.
RIVERS COMMUNITY CHURCH
447 Edward Street ~ 204-328-7882

HAMIOTA DISTRICT HEALTH CENTRE FOUNDATION INC.

ANNUAL GENERAL MEETING
FRIDAY, OCTOBER 24, 2025
1:30 PM
H.D.H.C. OUTREACH MEETING ROOM
4 - 3 YEAR DIRECTOR POSITIONS OPEN FROM
R.M. WALLACE-WOODWORTH (2)
PRAIRIE VIEW MUNICIPALITY (1)
R.M. OF OAKVIEW (2)
ALL MAY ATTEND BUT ONLY MEMBERS CAN VOTE OR HOLD A DIRECTOR POSITION
MEMBERSHIPS \$10.00 FOR 3 YEARS

From last weeks front page

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

Word Bank

1. journey
5. daughter
9. youth
2. program
6. remarkable
10. son
3. westman
7. student
11. celebrating
4. stand
8. advertise
12. relocating

We're Engaged!

Who is getting married?
Tell us!
The Rivers Banner wants to help you tell the community about your big news!

Let everyone know your love story!

Rivers Banner
Rivers, MB
204-328-7494
www.riversbanner.com

Tundra

By Chad Carpenter



It's all about the news

In my role as publisher and editor, I invest a lot of time in listening to people, writing about people and events and studying the news industry.

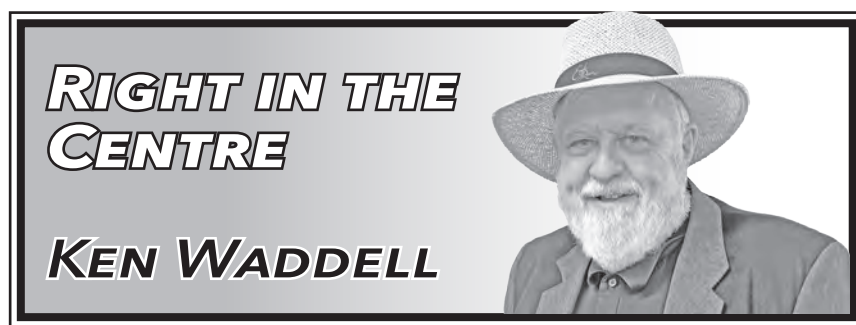
One of the worst things that has happened in the news industry is the 24 hour news channels, either on-line or on television. There just isn't enough new "news" to fill a 24 hour cycle. Even on the international scene where there are wars, economic shifts and numerous other news items, the best the studios can do is to get about two hours a day of fresh material.

To fill in the time, TV stations and on-line outlets re-hash and re-run old material. War stories are the worst, as any TV viewer will attest, in a two minute story you can see the same building being blown up three times. Then an hour later, it's shown all over again.

Fortunately, it's not a problem in local newspapers. We have our say and the community has their say once a week and that's it. There just isn't enough news to have "news" printed or broadcast all day and all night long.

Another thing that has happened is that neither the news industry, nor the journalism schools are training themselves adequately in the art of news versus opinion pieces. This column is an opinion piece and there are usually about one or two pages of opinions in our papers every week. The rest should be news and advertising. When we report on town councils or sports events, we want it to be news and not opinion unless, within the story, a person is expressing an opinion and then it should appear in quotation marks,

Newspapers need news, that's number one. And they do need opinion pieces and, of course, advertising. In our world today, it's difficult to con-



vince people to pay for news. A recent survey in the United States stated that only 15 per cent of people are willing to pay for news. In days gone by, local newspapers had hundreds, if not thousands of paid subscriptions. That is becoming less common nowadays. In fact, the largest community newspapers in Manitoba are free distribution including this paper. It's a model we adopted over 30 years ago and in the case of the Virden Empire-Advance, we switched to free distribution as soon as we bought the newspaper in 2024.

There are advantages to both free and subscription newspapers but I won't bore readers with those details here, save to say, we have adopted the free distribution model.

Another major change has happened to newspapers and that is the continuing decline in service from Canada Post. The subscription newspapers are really up against it during postal strikes and there has been two in the past 10 months. I think that Canada Post could be extinct, as we know it, in the next couple of years unless there's a huge change in service and attitude. As I have said many times, the local postmasters give great service but Canada Post, as a corporation and the Canadian Union of Postal Workers have long ago forgotten their roots and their

mandate.

In order to provide delivery of our three papers, we left Canada Post entirely except for out-of-region subscriptions. To bring you your paper every week, we have five vans and a SUV. We have six staff, where at least part of their duties is driving papers around the country. They all report that people are glad to see us every Thursday or Friday and I can attest, as I am one of the drivers, that the reception is good.

I know in the days ahead, the fear-some winter driving days, we may wish we weren't on the road in a storm, but even winter driving isn't too bad. And when it is, I have always told my drivers, they make the decision. I have never made anyone drive on a road when they thought it was unsafe. I tell them, I want them home safe, the van home safe and the load safe but in that order. People come first.

And that's our outlook on life. My wife and I have been in the newspaper industry since 1968, with a few different activities once in a while. We have been continuously in the newspaper business for 36 years.

Thanks again for all your support.

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



History review

One advantage/disadvantage of those sleepless nights is the opportunity to read. This week I picked up a book first published in 1966, 'The Winter Years' by James H. Gray. The author was born in Whitemouth, Manitoba, reported for the Winnipeg Free Press, reflecting on his experiences on the Great Depression, and covering events on the prairies during these times of testing - testing the mettle of the people, testing new ways of caring for people, and the land. The events were definitely before my time, before my memory, however I did hear family members talk about the financial collapse, the drought, the grasshoppers - the utter despair.

Ed's family was one of those that simply walked off a farm in the Palliser Triangle and relocated to Starbuck Manitoba. He told of his father and older brother loading a railcar with livestock and farm implements, and the rest of the family driving, slowly, out of the bleakness and destitution of failed and failing farms to the green of the new place, right on the banks of the La Salle River. It was spring when they made the move, and it was a memorable arrival - the river water covered the bridge and they had to walk across, through ankle deep flowing water. A sure symbol that the worst of the drought was over, for them.

'The Winter Years' depicts the sorrow of living on relief, the work camps, the crowded housing, the wearing out of people and goods. Gray goes on to show how the province of Saskatchewan was better prepared to deal with the destitution. There was a plan in place to provide feed for one cow and two horses at the homestead, all other animals were shipped to community pastures. As a farmer at heart, the reality that cows adapted to their new environment much better than the horses because horses missed their owners and their home, rather hurt my heart. They returned home gaunt and broken in spirit.

The book also speaks of the work of the PFRA, the planting of shelterbelts, the work of deep plowing the soil contrary to the prevailing winds. I think of that aspect of farm husbandry. I come from a long line of tree planters; shelterbelts, decorative, and fruit trees. And then, as the farm implements became so much larger, existing shelterbelts were cleared to make farming easier. I pray we don't live to regret that too deeply. The organisation also had a plan in place to have dug outs, ponds, dug on the farms. They knew the need for stored water, for humans and beasts. Again, here too, we see sloughs and low lands carefully leveled, preventing water standing on precious farm land. I pray that we don't live to regret that too deeply.

The troubling times did bring out the better in some folks. In 1931, The Canadian Red Cross sent out a nation wide appeal for help for the 125,000 destitute farm people in Saskatchewan. The response was staggering, particularly from Ontario. Churches became the gathering points for donations of clothing, food, sheets and blankets. The United Church sent 135 carloads, Roman Catholics 62, Presbyterians 10, and Lutherans 8. Beyond expectations, and life saving.

So much to remember, and so much to learn.

**Rivers
Banner**
Est. 1908

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

Circulation: 2,200

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

Canadian Publications Mail Sales Product Agreement #40012782

STAFF

Owner/Publisher/Editor
Micah Waddell

Sales/Media
Jessica Coulter

Members
of:



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

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



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



The Holistic Power of Self Confidence

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

MARIE EVELYNE GINGRAS

If self confidence could be bottled, it would probably outsell coffee. Imagine a world where every morning, instead of reaching for that caffeine boost, you could sip on a cup of "I have got this!" Now that would be a wellness revolution. But the truth is, confidence does not come from a jar, a fancy workshop, or someone else's approval. It grows quietly from within, like a seed you water with patience, compassion, and a sprinkle of humour.

Self confidence is not about walking into a room and thinking you are better than everyone else. It is walking in and feeling completely comfortable being you. It is trusting your voice, your choices, and your worth, even when things do not go perfectly. In holistic wellness, confidence is not just a mindset; it is an energy that flows through your body, influencing everything from your posture to your digestion (yes, really, your stomach is your second brain).

When you believe in yourself, your nervous system relaxes, your

heart rate steadies, and your body releases "feel good" chemicals that promote balance. That is why people who radiate confidence often seem healthier; they are not just faking it; they are vibrating at a calmer frequency.

The journey toward genuine self confidence usually starts with awareness. Pay attention to how you speak to yourself. If your inner voice sounds like a cranky critic rather than a kind coach, it is time for a rewrite. Try this: next time you catch yourself thinking, "I cannot do that," add one simple word, "yet." Suddenly, the sentence becomes an open door instead of a dead end.

Another holistic trick is to bring your body into the conversation. Confidence does not only live in the mind; it is rooted in your body language. Stand tall, breathe deeply, and let your shoulders drop. Roll them back like you are about to take on the world (or at least your to do list). Our bodies send messages to our brains, and the more we

act confident, the more we feel it.

Then there is the heart of the matter, self love. You cannot build lasting confidence if you secretly dislike yourself. Treat yourself like you would a dear friend who is learning something new. Celebrate small wins, forgive slip ups, and remember that even the most poised people have days when they feel like a human pancake.

To boost confidence holistically, try grounding practices like meditation, journalling, or even a quick walk outside. Nature has a way of reminding us that everything grows at its own pace, and that includes you. If you prefer something more hands on, acupuncture points like CV17 (right at the centre of your chest) can help open the heart and release self doubt.

Confidence does not mean having all the answers. It is trusting that you will find them, one step at a time. So, the next time your inner critic pipes up, smile and say, "Thanks, but I have got this." Because you do.

Spruce Plains RCMP make arrests in mailbox thefts

A dozen communities hit by late 2024 incident



SUBMITTED PHOTO

By Banner Staff
RIVERS BANNER

A pair of suspects have been arrested in connection to a wave of thefts that struck Canada Post mailboxes late last year. Back in November of last year, Spruce Plains RCMP received numerous reports of thefts from mailboxes across western Manitoba. The communities that were hit included Neepawa, Minnedosa, Arden, Kelwood, MacGregor, Carberry, Rapid City, Glenella, Erickson, Onanole, Sandy Lake, and Rivers.

Investigators conducted an investigation, which included the examination of the mailbox sites, as well as multiple interviews and search warrants to secure the required evidence.

After almost a year of work, RCMP have arrested 38-year-old Ryan Eckberg of Brandon and 41-year-old Jennifer MacDonald of Boissevain. Both of the accused have been charged with 41 offences including multiple counts of breaking and entering, theft from mail over \$5,000, possession of property obtained by crime, fraud under \$5,000. These charges have not yet been proven in a court of law. As of Oct. 9, both individuals remained remanded into custody and Spruce Plains RCMP continue to investigate.

In a media release confirming the arrests, Sgt. Andrew Cowan, Detachment Commander for the Spruce Plains RCMP stated that "The investigators put a tremendous amount of work in their relentless pursuit of leads which led to the arrest of these two individuals responsible for the numerous thefts that affected multiple communities."

Tree trimming keeps you safe

Overgrown trees can cause fires and outages.



Learn more at
hydro.mb.ca/vegetation

Manitoba Hydro
energy for life

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



MANITOBA
LIQUOR & LOTTERIES

#MBLLGoodTogether

We're more climate friendly thanks to Manitoba livestock farmers.



Read more by scanning the QR code or visit
MBLL.ca/ESG



Masterpieces being created at Mid-West Art Centre



PHOTOS BY CELIA NOLAN

On Sunday, September 28, 2025 Mary Ann Stevenson and Celia Nolan instructed a class making message chalkboards. Using re-purposed cabinet drawers and fusion paint, the masterpieces were created. Everyone had a fun afternoon painting and creating. The youngest participant was five years old!



On September 30, 2025, Marianne Whyte and Celia Nolan instructed a group of nine seniors making a fall door hanging wreath. Each wreath was unique and beautiful. All the ladies were eager to return home and hang their creations. What a great way to spend a fall afternoon creating a beautiful memory. Well done ladies! Right Linda Mathison, Left Patti Mctavish



Manitoba is powered
by its people.

ROB + JEROME
Power Line Technicians

More than 5,000 of us proudly work together to bring safe, affordable and reliable energy to the communities we call home. **People you know. Energy you trust.**

See how we power your every day
at hydro.mb.ca/energy-for-life



Letter to the Editor

RE: School board by-election

The first month of the school year is now behind us, having flown by in the all-too-familiar blink of an eye. Students and staff in our province's public schools along with families and communities who revolve around those schools are starting to get into welcome routines.

In five communities in Manitoba, there is an added twinge of anticipation that comes with the start of a new school year. For Brandon, Louis Riel and Pembina Trails School Divisions, there are crucial trustee by-elections scheduled for later this month; each promising to be an important electoral race offering plenty of choice for the local constituency. In Prairie Spirit and Mountain View School Divisions, nominations are still being collected and considered, and we anticipate strong slates in those communities as well.

As a Manitoba trustee myself, I have a clear bias about the excitement that comes with a school board by-election. But as a parent and a Canadian who has the state of our world weighing on my mind these days, I am encouraged and bolstered by the capacity and promise of our public education system and the incredible youth who are at its core.

These by-elections offer a fresh opportunity to better understand our public education system and those who make the local governing decisions that determine its path forward. For the rest of Manitoba, they will serve as a valuable preview for province-wide municipal and school board elections in a year's time.

Alan Campbell,
President, Manitoba School Boards Association



Last chores for the garden

Submitted

By PATRICIA HANBIDGE

Fall is one of my favourite times of the year. The air is crisp, you need to layer your clothing and in spite of winter being just around the corner, it is a beautiful season. It is always a toss up if we have snow for Hallowe'en and costumes for the little ones need to accommodate winter outerwear beneath them.

In spite of the length of autumn we have, it seems that there are always some chores left to be done when the ground has become white! I am not sure if anyone else follows a schedule like mine, but over the years I have come to accept that I will be outdoors doing some work in the garden while wearing heavyweight gloves.

On days when the sun shines and I have an inkling to get some fresh air, you will likely see me puttering around in the beds with secateurs in hand. I like to leave any perennials that might have winter appeal, but those that are not nice to look at, I will generally cut them back and add to the compost pile if time permits. Do remember that anything that is vertical will trap snow and benefit your garden with added moisture. Removing plant material is an easy way to help control diseases. Plants exhibiting diseases should not be added to your home compost, as it likely does not get hot enough to kill the pathogens.

Autumn is the best time to add compost to your garden areas as over the late fall, winter and early spring it does break down. Also, the freeze-thaw processes will also help to break it down. Recycling your garden waste is creating healthy soil that has the capacity to grow more nutritious food and healthier ornamentals.

Any plants that were newly established would benefit from some extra protection for the winter. Prior to the mercury dipping lower, mulch around these plants to ensure their crowns are well insulated. If you have any tender bulbs or perennials that you wanted to lift and keep, it is likely a bit too late for that unfortunately. I tend to grow perennials that can easily survive our

climate, but there are usually a number of plants that I grow that will usually not make it through our winter. The decision to keep or let freeze has most likely now been taken out of our hands.

If you have any tender summer bulbs that you have tucked away – keep a close eye on them while in storage. I tend to tier the storage for any tender bulbs and plants that I store with their storage beginning in an insulated but unheated garage and then later into the basement in a cool corner until they start to grow. One day, it is my hope to have a root cellar!

As the season moves on, we may still have a day here or there that is warm enough to still enjoy some outdoor chores. I use this time to organize and put away any tools or other garden paraphernalia so I can easily access them in spring. Tools that were used could be cleaned up a bit more, sharpened and oil the handles so we are ready for spring.

May the end of fall find you enjoying all the root crops from your garden while nibbling away at the tomatoes, squash and onions. Don't forget to carve your pumpkins for Hallowe'en and then make some tasty pumpkin treats. As it gets cooler, enjoy a roaring fire inside and plan for what you will be growing



SUBMITTED PHOTO

Fall rooftop garden.

next year.

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

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

<https://www.youtube.com/channel/UCzkiUpkvy-v2e2HCQIFl0JyQ?>

Fall hiking tips

Submitted

By METRO CREATIVE

Fall hiking can be a unique and exciting experience. Thanks to the vibrant foliage, crisp air and smaller crowds than might be around during summer, fall is a prime time to lace up one's boots and hit the trails.

Beyond the opportunity to check out the amazing foliage displays synonymous with this time of year, spending time outdoors in fall provides various health benefits. According to UAB Medical West, some benefits of hiking include improved mental well-being, enhanced balance and improved muscle strength.

As with any hiking trip, it is key to plan ahead to enjoy a safe and enjoyable adventure this fall.

Layer your clothing. Fall weather can be unpredictable and dramatic temperature fluctuations can occur between morning and afternoon. The trick is layering clothing to provide comfort and safety. Start with a moisture-wicking base layer, add an insulating layer like fleece for warmth, and top it with a waterproof and windproof outer shell. Then you can adjust your clothing as conditions change.

Wear proper footwear to ensure ample traction. Opt for sturdy hiking shoes or boots with significant ankle support and excellent traction. Fallen leaves and rain or early-season ice can make paths slippery. Waterproof footwear is highly recommended, especially if damp conditions are expected. Wool socks (not cotton) will wick away moisture and provide warmth even when damp. According to a



SUBMITTED PHOTO

Stick to the trails and wear extra layers on your fall hike.

study on mountain hiking in the Austrian Alps, 75 percent of fall accidents occur on descents, so having extra traction can help.

Mind the daylight. As fall inches closer to winter, daylight hours diminish rapidly. It's easy to underestimate how quickly dusk will arrive. Plan your route to account for your pace so you can be off the trail well before sunset. Pack a flashlight or headlamp just in case.

Mind the habitat. Anytime you hike you should be mindful of the natural settings around you. Stick to the trails so you do not disturb delicate vegetation. Also, never feed wild animals. They can grow accustomed to an easy hand-out and lose

their fear of humans, putting themselves at risk of harm. Remember to dispose of trash properly and always take out what you bring in.

Stay fueled and hydrated. Despite the cooler temperatures of fall, dehydration may occur as the body loses fluid through exertion and respiration. Pack plenty of water and take sips regularly. Bring along energy-rich snacks like protein bars, trail mix and dried fruit to maintain energy levels throughout the excursion.

Fall hiking trips enable people to immerse themselves in the stunning beauty of the season while also getting some exercise and enjoying ample fresh air.

Get a jumpstart now on fixing marginal acres

Control kochia, salinity with dormant seeding

By Glen Kirby
DUCKS UNLIMITED COMMUNICATIONS SPECIALIST

In the coming weeks before freeze-up, farmers have a great opportunity to increase profitability in their fields by rehabilitating weedy or saline acres. Dormant seeding perennial forages is a proven solution. “Dormant seeding can be very successful when implemented correctly,” says Jenai Buchanan, a marginal areas specialist with Ducks Unlimited Canada (DUC). “And for areas suffering from excess moisture each spring, the fall months could be your one opportunity to take action.”

Marginal acres make up a significant portion of production land on the Canadian prairies. DUC sustainable agriculture research scientist Sam Robinson, in collaboration with the Prairie Precision

Sustainability Network (PPSN), estimates 13 acres in every quarter section. That’s 7.3 million acres of marginal farmland in Manitoba, Saskatchewan and Alberta which remain unproductive despite fertilizer, crop protection products and careful management. “These consistently low-yielding acres really don’t pay,” says Robinson. “On average, prairie farmers lose about \$68 per acre trying to grow annual crops in these areas. But perennial forages are another tool in a farmer’s toolbox to turn underperforming acres into productive forage while reducing weed pressure and input costs.”

Timing is critical when planting perennial forages in the fall. Dormant seed-

ing must be done when the soil temperature is below 5 degrees Celsius. Otherwise, a temperature spike from either warm days or early snow insulating the ground can lead to premature germination and extensive winterkill.

“Seed heavy and use a diverse mix,” advises Buchanan. “A late spring frost can impact establishment, so seed up to 30 percent heavier to account for potential losses. We also find a seed blend with several grasses and legumes improves the success rate.”

DUC offers incentives to farmland owners ready to tackle marginal acre problems including kochia and salinity. A bonus discount is available when sourcing seed through Nutrien and additional incentives may apply for land financed through Farm Credit Canada. Contact



PHOTO SUBMITTED BY DUCKS UNLIMITED

the DUC representative in your area to calculate total payments. In Manitoba, the Marginal Areas Program is funded in part by the Conservation Trust, an endowment fund providing sustainable, long-term financing for conservation in the province.

In addition to financial incentives, DUC provides one-on-one agricultural extension support including seed mix selection and establishment advice. Farmers can see best practices for establishing forages in hard-to-manage areas at the research and demonstration farm north of Brandon operated by Manitoba Beef & Forage Initiatives.

Buchanan says patience is key when rehabilitating marginal acres. The goal is to get the ground covered with competitive perennial forages that will outcompete weeds and fill in bare patches. Saline-tolerant forages can take two to three years to fully establish and some touch-up seeding may be required.

“When dormant seeding or touching up in the spring, we recommend using a seed drill for the best seed-to-soil contact,” says Buchanan. “If broadcasting or droning, you should do a harrowing pass afterward to cover the seed. Don’t plant deeper than three quarters of an inch. Anything deeper can reduce emergence and plant counts.”

With patience and sound agronomy, dormant seeding of marginal areas can be successful. For more information or to contact DUC, please visit ag.ducks.ca

PMH set to hold virtual Annual General Meeting

October 22



PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN

Submitted
BY PRAIRIE MOUNTAIN HEALTH

Prairie Mountain Health (PMH) will hold its 2024-2025 Annual General Meeting (AGM) on Wednesday, October 22 from 12 p.m. (noon) until 1 p.m. Chief Executive Officer Treena Slate invites PMH staff, community representatives, organizational members and area residents to join the online interactive meeting. The AGM will be held virtually which will offer participation

by both online and phone options. “We will review our last operational year (April 1-2024-March 31, 2025) with a focus on our services, strategies, priorities and planning,” stated Treena Slate, CEO of Prairie Mountain Health. “We’ll provide a snapshot of our current fiscal year, which is about six months complete, and provide an opportunity for par-

ticipants to ask or send questions,” Slate stated. Slate adds, the AGM also provides another opportunity to acknowledge and recognize the tremendous efforts of health care staff, physicians and volunteers who continue to assist individuals and families who need care and support within the region.

Details on how you can join the virtual meeting on October 22 will be made available soon on the PMH website at www.prairiemountainhealth.ca. However, there is no ‘pre-registration’ required. The detailed 2024/2025 PMH Annual Report and audited financial statements, which will guide the annual meeting review, will also be made available on the PMH website on the day of the AGM.

GOT KOCHIA SPREADING IN YOUR FIELDS?

LET’S TALK ABOUT A NATURAL SOLUTION FOR CONTROL.

1-800-665-2494

HARVEY@ALERTAGRI.CA
HARVEY DANN CELL 1-701-213-8246

CLASSIFIEDS

Tender

Help Wanted

Notice

LAND FOR SALE BY TENDER
Ducks Unlimited Canada (DUC) has the following land for sale by tender:

Tender 1:
RM of Oakview
W ½ 3-15-22 WPM & E ½ 9-15-22 WPM
637.54 acres

There are approximately 442.95 acres in tame hay/pasture, with remainder in natural grass/bush/wetland. Roughly 351.32 acres of tame hay were seeded in spring of 2025. High tensile perimeter fence recently installed on W ½ of 3-15-22W as well. Property being sold subject to the registration of a 'No Break, No Drain' Conservation Easement Agreement. Cultivation of tame forage will be permitted once every 10 years for rejuvenation purposes. No restrictions with respect to haying or grazing. Four 'five-acre' parcels (one on each quarter) will be excluded from the Conservation Agreement to allow for future building/yard site development.

Tender 2:
RM of Oakview
W ½ of 9-15-19 WPM
320 acres

There are approximately 198.06 acres in tame hay/pasture, with remainder in natural grass/bush/wetland. Roughly 159.33 acres of tame hay were seeded in spring 2025. High tensile perimeter fence was recently installed as well. Property being sold subject to the registration of a 'No Break, No Drain' Conservation Easement Agreement. Cultivation of tame forage will be permitted once every 10 years for rejuvenation purposes. No restrictions with respect to haying or grazing. Two five-acre parcels (one on each quarter) will be excluded from the Conservation Agreement to allow for future building/yard site development.

Written sealed tenders are to be mailed or dropped off to the address below. Please indicate **'Land Tender'** along with the RM name and corresponding tender number on envelope. Bids may also be emailed to Ducks Unlimited at du_brandon@ducks.ca. Please place **"Manitoba Land Tender Bid"** in the email's subject line. Interested parties should rely on their own inspection of each property. Properties will be sold as listed above. All quarters within each tender will be sold together. Bids on individual quarters will not be accepted. Highest or any tender not necessarily accepted. **Property information packages, including a sample copy of the Conservation Agreement are available – call Scott Henowitch at 204-761-5106 to have one emailed or mailed.**

Tenders Close on October 27, 2025, at 4:00 PM.



Ducks Unlimited Canada
Land Tender
2-545 Conservation Drive
Brandon, MB R7A 7L8

Tender
Rivers Curling Club Seasonal Caretaker/Icemaker

Rivers Curling Club will be accepting tenders for a Seasonal Caretaker/Icemaker for the 2025-2026 curling season.
Tenders must be sent to:
riversmbcurlingclub@gmail.com
Tenders received until position has been filled.

Lowest or any tender may not be accepted at the discretion of the Board of Directors.

Rolling Dale Enterprises
HELP WANTED:
Rolling Dale Enterprises is looking for someone to deliver the Brandon Sun to Rivers customers on Saturdays starting October 25, 2025

For more information about route size and payment please contact Tifani Gercama at 204-328-6305.

Donations

Rolling Dale Enterprises
DONATIONS:

Rolling Dale is accepting donations from the community for their Thrift Store. Donations can be brought to our store Monday to Friday between 9:00 AM and 3:00 PM or dropped off at the back of the building (533 2nd Avenue) in the white bin after hours.

Please note that we do not sell the following items:
Larger Furniture (couches, chairs, beds, mattresses)

Items Needed:
• Children's Toys • Household Decor • Seasonal Children's Clothing • Plus Size Clothing • Purses/Wallets

Coming Events

Rolling River School Division
Board of Trustees
invites
Interested individuals to present their views on educational and budget priorities for the Board of Trustees to consider in setting the 2026-2027 budget.

How to provide input:

- Send a written submission for the Board's review.
- Make a presentation at a Board meeting.
- Visit the school division website, rrsd.mb.ca (click on the Budget Input link)

Forward a written submission or a request to make a presentation at a Board meeting to the attention of:

Rolling River School Division
c/o Kathlyn McNabb, Secretary-Treasurer
Box 1170
Minnedosa, MB R0J 1E0
kmcnabb@rrsd.mb.ca

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

Rivers Banner
www.riversbanner.com
204-328-7484 • info@riversbanner.com

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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **4th day of November, 2025**, at the hour of **10:00 AM**, at Rural Municipality of Oakview, 10 Cochrane Street, Oak River MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
44400	PARCEL 9 AND 9A PLAN 4831 NLTO IN N 1/2 28-13-22 WPM - 20 MILLER ST, OAK RIVER	L -\$1,400 B -\$82,900	\$ 21,179.73
237400	PARCEL C & D PLAN 31561 NLTO - C&D 31561	L -\$100	\$ 2,899.62

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

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

Dated this 18th day of September, 2025.

Managed by:



Mark Humphries
Chief Administrative Officer
RURAL MUNICIPALITY OF OAKVIEW
Phone: (204) 566-2146
Fax: (204) 566-2126

For Sale

MANITOBA'S LARGEST RECORD & MUSIC SALE
SUN, OCT 19th 2025
10 AM – 4 PM

Over 90 tables of records, tapes, CDs, posters, books & memorabilia.

Admission \$5.00
12 and under FREE

Caboto Centre
1055 Wilkes Ave.,
Winnipeg

Early (8AM) admission \$30.00

For info:
204-255-3463 or
431-374-6925

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

BUYING ALL COIN COLLECTIONS Big & Small.

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

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

Manitoba Community Newspaper Association Province Wide Classifieds

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

getting the results that you wanted? Let us help you book a blanket classified ad! SELLING SEEDS OR LAND? HAVING AN EVENT? Advertise! You will be seen in the MCNA Member Newspapers, in over 368,000+ homes in Manitoba. Please **Call THIS NEWSPAPER NOW to book, or call MCNA at (204) 947-1691** for more details or to book ads. Take advantage of our great pricing! **MCNA - Manitoba Community Newspapers Association. www.mcna.com**

FINANCIAL SERVICES
Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. (403) 543-0927 www.first-andsecondmortgages.ca

WANTED
Wanted old advertising: Dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908

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

NEED CLASS 1 DRIVERS OR SEASONAL STAFF? Online ads not

For Sale

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

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

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

Announcement

**Response Builder Advertising WORKS!**

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

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

www.mcna.com

ADVERTISE HERE

What happens when you don't advertise?
VERY LITTLE.

BUSINESS DIRECTORY

YOUR LOCAL MARKETPLACE FOR GOODS & PROFESSIONAL SERVICES



ALLIANCE
ACCOUNTING GROUP
CHARTERED PROFESSIONAL ACCOUNTANTS INC.

Hamiota
Killarney

Brandon
Pilot Mound

Birtle
Deloraine

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

www.allianceaccounting.ca



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

Phone 204-727-0694
www.brockiedonovan.com



**Hamiota's
Campbell
Funeral Home**

204-764-2744
FUNERAL DIRECTORS
Dwayne Campbell
Brittany MacLellan



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

• Residential

• Commercial

• HVAC Installations

• Licensed Gas Fitting

• 24hr Emergency Service

• Repair & Maintenance

• Septic Truck Service

• Duct Cleaning

**Hunt, Miller
& Co. LLP**

Robert D. Harrison, Lawyer

Phone 204-727-8491 or
204-328-7540

(Thursdays, 2-5 p.m.) for appointments.

HOMES | ACREAGES | CABINS | FARMS | COMMERCIAL



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

ROYAL LEPAGE
Martin-Liberty Realty
Independently owned and operated





**KROEGER
BACKHOE SERVICES**
LTD.

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

• Development Services

• Pond & Dugouts

• Drive/Lane Construction

• Basements

• Excavation

• Laser Ditching & Drainage

• Septic Systems

• Gravel & Trucking

• Demolition

• Snow Removal



**Memories
Chapel**
FUNERALS
CREMATION
RECEPTIONS

Cherish the Memories
locally owned and operated

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



**Redfern
FARM SERVICES LTD.**

• Feed • Seed

• Fertilizer • Herbicide

• Hardware

• Custom Application



*We Stay Ahead In Our Field
So You Can Stay Ahead In Yours*
Agronomy & Service



**REDLINE
TRANSPORT**
RIVERS, MB

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



Stewart Endeavors

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

stewartend2015@gmail.com
204-365-0086
Alex Stewart
Box 916,
Rivers MB, ROK1X0



THE BLANCHARD
HOTEL, LOUNGE, AND RESTAURANT

Fraenkische Stuben
German - Bavarian Cuisine

Ph. 204.566.2131

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



**WAY-MOR
AGENCIES LTD.**

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

OAK RIVER OFFICE:
TUES - FRI: 10:00 TO 3:00

16 COCHRANE ST.
OAK RIVER, MB
(204) 566-2490

GET AN **INSURANCE QUOTE**
BEST CHOICE **REAL ESTATE BROKER**



**Whelpton
ELECTRIC** Ltd.

• Residential & Commercial

• Farm Wiring & Trenching

Brandon - Rivers
204-761-2192

Does Facebook support local?

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

Shop local today.

SPORTS

BOND ENJOYS TIME RODEOING AT OLD COLLEGE

By Robin Wark
RIVERS BANNER

Kenton's Rudy Bond has a hard time picking just one aspect that she enjoyed about her time competing in rodeo for Olds College.

The daughter of Tyler and Pam Bond barrel raced and competed in pole bending for two seasons for the Alberta college. Her last season was 2024-2025.

"All of it was so much fun and memorable," Bond said. "But the practice nights was one thing I always thought made my experience much better. Being there with all other teammates and coaches working together to make the team going into the upcoming rodeos was a factor in why the Olds College Broncos was such a competitive rodeo team.

"Another thing I will always remember is travelling, weekend after weekend, multiple hours on the road with the people I met that have now without a doubt become my lifelong friends. Not even from your own, but from the other schools and competing teams as well. On top of all that, the rodeo weekends. The support from teammates and competitors is something that truly meant a lot to me."

Emily Pugsley served as the Olds College women's rodeo coach in the past. She is now the head coach. Of Bond, she said:

"Rudy had a sense of 'feel' for her horses that I don't find can be taught. She could anticipate the move her horse was going to make before they made it and therefore was able to be an exceptional jockey. Rudy had three horses on campus over the two years she was a student-athlete, and she catered to their individual needs and was always asking questions of how to be a better partner with them. I referred to Rudy as a 'sponge'; she took any and all knowledge in and molded it into her own style."

In her first college season, Bond's main barrel horse George came up lame and she was unable to finish

the season with him. He eventually went home and had to retire.

"He loved the retirement life, eating grass and hanging out with the rest of his buddies in the pasture," Bond said. "Unfortunately, George ended up passing away later in the year."

In her second college season, Bond was pleased to compete on her "heart horse" Tommy. She had rodeoed on him since Grade 9.

"He tried his heart out for me with every run we made, and he always knew when I needed him most," Bond said. "Making my last few rodeo runs on him last fall in our last college rodeo season was an emotional roller coaster, but I would have not wanted to do it on any other horse. Tommy and I were placing and continued to stay consistent throughout the whole season.

"Rodeo is so much more exciting when the horse wants it just as much as the jockey. In the spring, my sister (Hudson) was so kind and let me run a young mare of hers, who was just starting to get into the rodeo world, and I had so much fun with her. She has so much speed and try. I am excited for her future in the rodeo world."

Bond enjoyed various aspects of college rodeo. She said, "There are lots of things that made college rodeo, but what made it fun for me were all my teammates, coaches, and other competitors. Having my teammates always cheer me on, make me smile and laugh, help me become a better athlete, and overcome all the challenges that came my way. Some of my best friends were made in that rodeo arena. College rodeo is something I wish everyone had the opportunity to do, it really pushes you to move out of your comfort zone."

She said that her college rodeo career would not have been possible without the support of her parents and family.

"They helped me every step of the way, and made countless trips to come see me and watch me do what I love," Bond said. "Being far away from home was



PHOTO BY OLDS COLLEGE

Rudy Bond competed in rodeo for two years at Olds College.

difficult at times and I knew they were always just a phone call away and they will support me no matter what. I will never be able to thank them enough for everything they've done for me and my siblings."

She earned an agriculture management – livestock production diploma from Olds College. Bond is currently in a term position as the service administrator for the Mazer group in Shoal Lake.

REF MEMORIES

REF TO
WRITER

GERRY
NOLAN



Well summer has passed us by again, and it's hockey season. Teams are preparing for another season of play. Times are different now as most arenas have artificial ice, unlike years ago where we had to wait until December when it got even cold enough to make ice. We used to skate on the frozen slough if there was not too much snow. How things have changed!

Back in the day, the early 1980s, I received a call to go to Souris to officiate a AAA midget game between the Southwest Cougars and I believe the Central Plains Capitals. I had not been on skates as we were just finishing up doing silage on the farm. It was a Sunday afternoon game, and I agreed to go and do the game. I always made it a habit of checking over my hockey gear before

I left to work a game. I had witnessed so many times where players forgot something at home that they would need for protection out on the ice surface. The most common was an elbow pad, a shin pad, sometimes one skate and god forbid your jockstrap!

I get to the rink in Souris and start to prepare for the game. As always for me right skate first, then the left. My favourite undershirt beneath my referee sweater. Referees have their habits too, as long as I have my lucky sweater, I will be fine.

There is nothing quite like the fresh air hitting you in the face as you skate around the ice surface getting a little warm up before the game. Man, that is one thing I miss, the feel of the fresh air hitting your face! I usually did about 3 laps around the rink, checking the boards and doing some stretches as well. The next thing to do was stop at the timekeeper's bench and check the game sheet to make sure the correct number of players were printed on the game sheet. Many a time I seen officials get in a lot of trouble because they did not bother to check the game sheet to make sure everyone was accounted for. Coaches sometimes miss someone's name, it is up to the referee to make sure the numbers are correct. Why do you ask? Because if a player scores a goal and his name is not on the game sheet, the goal is disallowed. The player can not be added to the sheet, and he must leave the ice.

Anyway, back to the game. I call the teams to the centre ice dot to get the match underway. It was

not long before I realized I was like fish flopping out of water. I had no legs and no wind. This was going to hurt for a while.

The first period was fast, both teams skating and just playing the game the way it is meant to be played. I used to skate on the face-off dots for position but I quickly found out I was just getting in the players way. I had to adjust and stay closer to the boards if I wanted to survive. This decision was made when Danny Senff from southwest, who was a great skater, nearly ran me over. Danny was fast and later played in Neepawa for the Natives.

I was at the face-off dot when Danny yelled, look out! I froze and just stood there. Danny went around me like a hoop around a barrel. I thought, Gerry get to the boards and stay to hell out of the way.

I managed to get through the game unscathed and the game finally ended. I tell you I was exhausted and my lungs were on fire, or so it seemed. My legs felt like rubber, but I survived another game. This game really got me into shape. Nope it did not. It would be 2 more weeks until my next game and I did it all over again. I felt slow compared to those young AAA midget players, man they were quick.

Thank you to Danny Senff for going around me instead of going through me. I thought I was done like dinner that day!

Next week I will share another night of survival in an exhibition game in Hamiota. This was in the old Hamiota rink so you know it is more than a few days ago.

From the prairies to the highlands tour 204 - part 7

By Gerry Nolan
RIVERS BANNER

We were up early the morning of August 10. We were on the van heading to Fort William where we would board the Jacobite Express, a steam train enroute to Mallaig which is an eighty-four-mile round trip between Fort William and Mallaig.

We are now in the highlands, which I will talk about in a later issue. There is much to tell. For now we are on the train. What an experience hearing the chug, chug, chug, of the engine and then hearing the whistle blow-wow! Talk about stepping back in time. The last time I was on a train was about 60 years ago when a childhood buddy, Donald Gray and I headed from Rivers to Winnipeg to stay with my brother Garth and Marion Nolan for a week. Do you remember that, Don?

Shortly after leaving

the station, we crossed the Glenfinnan Viaduct, what a site to see. It is in the Lochaber district of north-western Scotland and was built from 1897-1901. The Viaduct overlooks the Glenfinnan monument and the waters of Loch Shiel. On the banks were dozens of spectators waving to us and taking pictures. This train and Viaduct are a well-known site from the Harry Potter movies. Talk about feeling like celebrities!

Upon arriving in Mallaig we found a beautiful tiny fishing village, which is a busy fishing port and ferry terminal. It services Skye, the small Isles and Knoydart Peninsula where the most remote pub in mainland Britain is located.

While in Mallaig we visited the Crab and Creel Restaurant where we had delicious seafood. Julie ordered the largest platter of Langostino Lobster that I have

ever seen. She was late getting her food so she had to eat in a hurry as we were on the clock to get back to the express to get back to Fort William.

Our trip was fun. The only unfortunate thing is there are a lot of trees growing up beside the track that blocks the view.

Once back in Fort William we boarded the van and headed to our next destination which was The Glen in Newtonmore. This was a delightful little family run hotel which we basically had to ourselves. Room hopping was the entertainment of the evening.

The next morning, we gathered in the breakfast room where the best display of yummy treats were laid and ready to go. The husband-and-

wife team treated us like royalty. They did have to educate us all on how to work the coffee machine, I think they were a pair of Brits as they tried their best to have us all

drink tea! It did not happen, we wanted coffee. This was a cozy place to stay and we enjoyed our time there.

As we boarded the bus, there was a sense

of excitement as we were on the hunt for {Nessie}. That is correct, we were heading to Loch Ness! Tune in next week to find out if we had an encounter.



Riding the steam train Jacobite Express to Mallaig.

PHOTO BY CELIA NOLAN

SUNMONTUEWEDTHUFRI

SAT

COMMUNITY CALENDAR

Lucky Break Ranch Haunted Forest

19

Rivers United Church Fall Supper

Rivers Legion Bingo 11:30am

20

50 + Card Games 1pm

RIVERDALE municipality

Council Meeting

21

50 + Club Pool 1pm

22

50 + Club Cribbage 1pm

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

Rivers Legion Cribbage 7pm

50 + Floor Games 1pm

23

Kenton Legion Fall Supper

Prairie Crocus Library Storytime in Rivers 10am

Chase the Ace Rivers Legion 7pm Kenton Legion 7pm Hamiota Hotel 7pm

24

Lucky Break Ranch Haunted Forest

25

Rivers Legion Dinner & Auction Fundraiser 5pm

26

Rivers Legion Bingo 11:30am

27

50 + Card Games 1pm

28

50 + Club Pool 1pm

29

50 + Club Cribbage 1pm

30

Rivers Legion Cribbage 7pm

50 + Floor Games 1pm

31

Nov 1