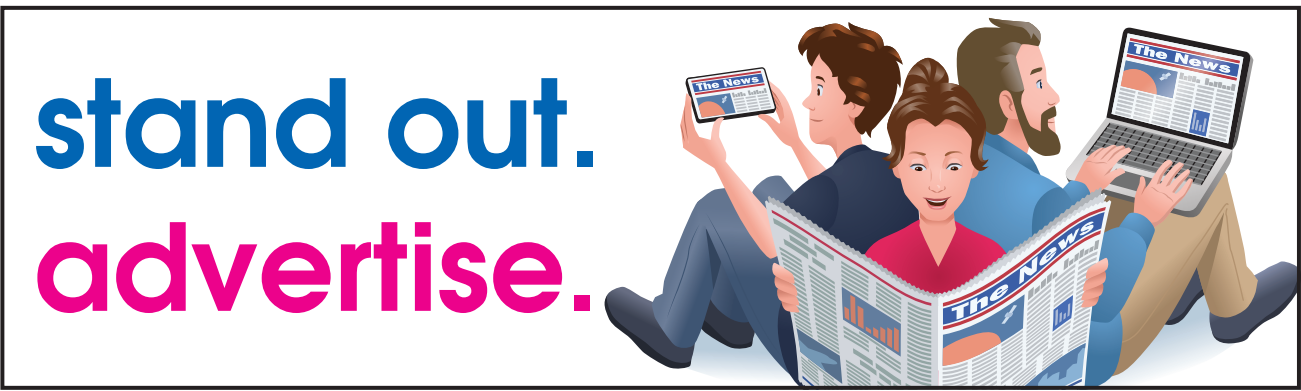




RIVERS BANNER

Local People. Local Stories.

GAZETTE-REPORTER

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

Lest We Forget Rivers Remembrance Day Service

By Carolyn Phillips
RIVERS BANNER

"They shall not grow old, as we who are left grow old.
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We shall remember them"

Every November 11, communities across the country come together to commemorate Remembrance Day, a solemn occasion dedicated to honoring the sacrifices made by the men and women of the armed forces. This year, the Remembrance Day Service held at the Rivers Legion Hall was a poignant and meaningful event that brought together local veterans, families, and community members to remember and pay tribute to those who served.

Padre Warren Smallwood led the service with a heartfelt address that resonated with all in attendance.

The ceremony included the presence of Sargeant at Arms Art Halliday, who played a vital role in ensuring the proceedings were conducted with the utmost respect. President Dave Cluney also contributed significantly, assisting in the organization and flow of the event. Their dedication to honoring veterans shone through as they worked diligently to create an atmosphere of reverence.

One of the highlights of the remembrance service was the guest speaker, Sgt Trembley from the 1 RCHA based in Shilo. His moving speech reminded everyone of the sacrifices of soldiers, some of whom laid down their lives for the freedoms we enjoy today. The contingent of troops from Shilo that attended the service served as a powerful reminder of the ongoing commitment of our armed forces and the inherent responsibility that we, as a community, share in supporting them.

Wreath-laying ceremonies are a significant aspect of Remembrance Day events, and Rivers was no exception. Various organizations and community members laid wreaths at the foot of the memorial, a visual representation of collective gratitude and remembrance. Special mention to 1RCHA Captain Miller and retired RCMP Gerry Gourlay. Each wreath, adorned with vibrant flowers and heartfelt messages, served as a symbol of honour, ensuring that the memories of those who served live on in our hearts.

After the solemnities of the service, attendees were invited to gather for a lunch served by the Rivers Ladies Auxiliary. This aspect of the event not only provided nourishment but also fostered a sense of community and togetherness. Over a shared meal, stories and memories were exchanged, allowing veterans and civilians alike to connect on a personal level, further enriching the day's significance.

As the day drew to a close, the sentiment echoed: "At the going down of the sun and in the morning, we will remember them." This Remembrance Day, the Rivers community demonstrated its unwavering commitment to honoring those who served. By participating in ceremonies like this, we ensure that their sacrifices are not forgotten, but instead, remain a vital part of our communal memory and heritage.

Lest we forget, let us continue to show gratitude, respect, and remembrance for our brave servicemen and women, not only on this day but throughout the entire year.



Retired RCMP Gerry Gourlay attended the Rivers Remembrance Day Services.



PHOTOS BY CAROLYN PHILLIPS

Each wreath was presented as a symbol of honour to those who serve/served in the Canadian Armed Forces.

Inside...



NEW BENCH AT REDFERN'S TOBOGGAN HILL

P2



HAMIOTA MAKES CASE FOR 24/7 ER

P6

Celebrating winter fun: New bench at Redfern's toboggan hill

By Carolyn Phillips
RIVERS BANNER

As the first snowfall blankets the town of Rivers, a wave of excitement washes over the community. Thoughts of hot chocolate, frosty air, and the thrill of tobogganing fill the hearts of locals. One of the most cherished spots for winter fun is undoubtedly Redfern's Toboggan Hill, conveniently located just east of Redferns, off 3rd Ave. With this winter season comes something new—a shiny blue park bench that has quickly become a beloved feature of this winter wonderland.

Installed by the Riverdale Community Development Corporation (CDC), this bench was in response to heartfelt requests from nearby residents. The community's growing love for this toboggan hill inspired the initiative, as families and friends frequently gathered to enjoy its snowy slopes. The CDC, recognizing the need for a place where visitors could not only enjoy the invigorating winter sports but also take a moment to relax and appreciate the beauty of the snow-covered landscape, decided to take action.

The effort to bring this bench to life was made possible through a grant from The Thomas Sill Manitoba Fund, provided by the Rivers and Area Community Foundation. This collaboration reflects the spirit of community-mindedness that is prevalent in Rivers, where locals come together to enhance public spaces for the enjoyment of all.

Installed in September, just in time for the winter festivities, the bench has already become a popular



New Bench at Redfern.

PHOTO BY CAROLYN PHILLIPS

gathering spot. Visitors to Redfern's Toboggan Hill can now take a break from their sledding adventures, catching their breath while soaking in the picturesque views of the snowy terrain. Whether it's parents watching their children gleefully zoom down the hill or friends gathering to swap stories over steaming cups of hot chocolate, the bench stands as a welcoming spot to pause and enjoy the moment.

But this bench isn't just a winter asset. Its bright blue hue serves as a cheerful addition to the landscape year-round, inviting people to sit, read, and enjoy the fresh air regardless of the season. With spring's arrival, it promises to be a favored location for picnics and community meetings, while autumn will see locals enjoying the vibrant foliage from its seat.

The establishment of this bench at Toboggan Hill exemplifies what is possible when community members unite to support one another and enhance shared spaces. It stands as a testament to the collective spirit of Rivers, where the contributions of individuals and nonprofits converge to create lasting, enjoyable features that benefit everyone.

As the winter season unfolds, Redfern's Toboggan Hill—with its new blue bench—beckons both residents and visitors to indulge in the joys of winter. So grab your sled, wheel your way to the hill, and don't forget to take a break on that inviting bench. Here's to many hot chocolate-filled days, exhilarating sled runs, and lazy afternoons spent enjoying the beauty of winter right here in our community!

GRANDMA'S BEST POT ROAST

The simplest and best pot roast recipe ever, straight from my grandma's kitchen!

Ingredients

- 1 (3 pound) bottom round roast
- 1 large yellow onion, chopped
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/4 tsp garlic powder
- 1 cup water
- 1 tablespoon all-purpose flour

Directions

1. Preheat the oven to 400 degrees F.
2. Trim excess fat from roast, leaving about 1/4 inch fat. Liberally season all sides with salt, pepper, and garlic powder. Place roast, fat-side up, in a Dutch oven. Place onions on and around the roast.
3. Cover and bake until aromatic, about 1 1/2 hours. Reduce heat to 350 degrees F and continue to bake, turning the meat every 30 minutes and keeping covered, until roast is browned and cooked through, about 3 hours more. An instant-read thermometer inserted in the thickest part of the roast should read 145 degrees F.
4. Check tenderness of roast with a fork; if not tender enough, add additional cook time in 30-minute increments until meat easily falls apart.
5. Remove from the oven and transfer roast to a cutting board. Tent with foil and let rest for at least 20 minutes.
6. Meanwhile, whisk water and flour together in a small bowl.
7. Place the Dutch oven, uncovered, on the stove-top over medium heat. Smash the remaining onion pieces and stir, being careful not to let the gravy burn. Slowly add water-flour mixture, whisking until cooked through and desired thickness is achieved.
8. Slice roast and serve along-side gravy.



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Anniversary of the Edmund Fitzgerald



PHOTO BY BOB CAMPBELL COURTESY OF GREAT LAKES SHIPWRECK MUSEUM

The legend of the Edmund Fitzgerald remains the most mysterious and controversial of all shipwreck tales heard around the Great Lakes. Her story is surpassed in books, film and media only by that of the Titanic. Canadian folksinger Gordon Lightfoot inspired popular interest in this vessel with his 1976 ballad, “The Wreck of the Edmund Fitzgerald.”

The Edmund Fitzgerald was lost with her entire crew of 29 men on Lake Superior November 10, 1975, 17 miles north-northwest of Whitefish Point, Michigan. Whitefish Point is the site of the Whitefish Point Light Station and Great Lakes Shipwreck Museum. The Great Lakes Shipwreck Historical Society (GLSHS) has conducted three underwater expeditions to the wreck, 1989, 1994, and 1995.

I’m tired

**FAITHFULLY
YOURS**

**NEIL
STROHSCHNEIN**



From the moment I first heard one of his recorded sermons, I have been greatly blessed by the teaching and writing of Pastor Charles Swindoll. Swindoll (91), has retired from active ministry, but still guides the Insight for Living radio ministry that airs on over 2000 radio stations around the world. He is a prolific author, having written or co-written 39 books. Several of them were in my library until recently, when I downsized and donated many of them, hoping that they would bless others as they have blessed me.

One of his books, written in 1992, was a study on the book of Philippians, St. Paul’s epistle of joy, and was entitled “Maybe it’s time to laugh again.” In the opening chapter, he includes a piece by an anonymous author which begins with the words “I’m tired.” I’ve lost the piece included in Swindoll’s book; but what follows is a similar version of it.

“Yes, I’m tired. For several years I’ve been blaming it on getting older, lack of sleep, weekend projects, stale office air, poor nutrition, carrying extra pounds, raising a family, recent colds, and a dozen other reasons that make you wonder why life is getting rough.

“But now I found out what’s really happening! I’m tired because I’m overworked. The population of the USA reached 300 million last October. Seventy-nine million of the population are retired. That leaves 221 million to do the work. There are 19 million toddlers and 76 million students in schools, which leaves 126 million to do the work. Of that total, 21 million are unemployed leaving 105 million to do the work.

“Then take away 34 million in hospitals. That leaves 71 million to do the work. Forty-three million are in prisons and that’s 28 million left to do the work. Subtract the 14,683,468 federal, 5,344,722 state and 5,370,743 city workers who run our government and you’re left with 2,601,067 to do the work. Finally, remove the 2,601,065 people in the armed forces. That leaves just two people to do the work-you and Me! And you’re sitting there reading this! No wonder I’m so tired!!!”

Okay—that is supposed to make you laugh, and I hope it did. But I hope it also exposes you to an ugly truth. Our society is producing a generation of people who feel just like the writer who wrote the above piece. They are well educated and highly skilled. They do good work. They work hard. Now after years of juggling work with community and family responsibilities, they are tired. And they have reached the age where they need to make some serious choices about retirement and life after retirement.

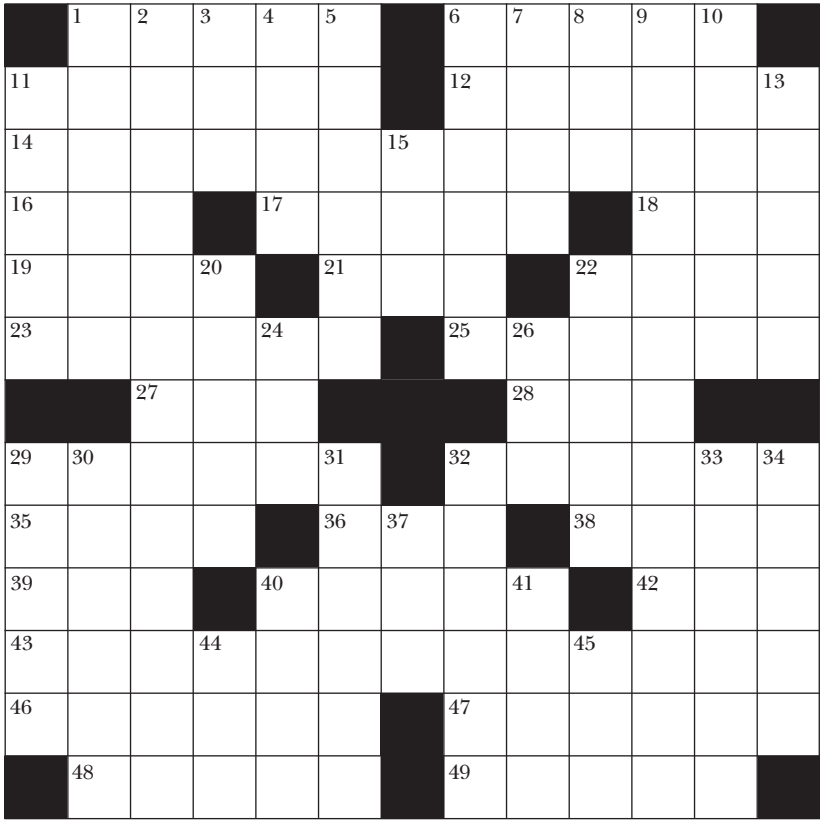
Can you identify with what you’ve just read? Are you reading these words and thinking “Yes, that’s me?” Well, you are not alone. There are many others just like you. I am one of them. We are all in this together.

And we have an invisible ally. The God who created us knows just how tired we are. He will give us the strength we need to cope with today’s challenges. And if we ask, he will help us decide how we can best spend the remaining years of our lives, how ever many or few they may be. More on this next week.

Locally created crossword

- Across**
- 1. James Bond Daniel
 - 6. Gravel ridge formed by a glacier
 - 11. Jacket arm
 - 12. Injured, wounded
 - 14. Destined for landfill
 - 16. Utilize
 - 17. Clay pigeon shooting sport
 - 18. Consume food
 - 19. Pleads
 - 21. Start of count
 - 22. Highest adult male voice
 - 23. Rocks
 - 25. Two residences in one building
 - 27. 2000 pounds
 - 28. Temperature, humidity index acronym
 - 29. Bone heads
 - 32. Robberies
 - 35. Pile
 - 36. Consumed food
 - 38. Display
 - 39. Halloween’s month abbr.
 - 40. Wall painting
 - 42. ___ tai-tiki drink
 - 43. Like Robinson Crusoe’s island life
 - 46. Has memory problems (old age)
 - 47. Track meet contests
 - 48. Expression of surprise
 - 49. ___ gritty - down to basics

- DOWN**
- 1. Coat storage room
 - 2. Changing agreed terms
 - 3. ___ Lingus Irish Airline
 - 4. “A Holly Jolly Christmas” singer burl
 - 5. Geico’s mascot plural
 - 6. Hosted an event



Answers on page 10

Created by David Harris of Oak River, MB

- 7. Sodium Chloride
- 8. South Korean car maker
- 9. Enhancement
- 10. Associate with
- 11. Ignores, spurns
- 13. Body cleanse
- 15. Money of Japan
- 20. Nose about
- 22. Aphid’s Scientific name
- 24. J.R.R Tolkien’s treelike creature
- 26. Utah’s native
- 29. Pancake restaurants
- 30. An official order
- 31. Fries quickly
- 32. God’s paradise
- 33. Comfortably warm
- 34. Family Robinson’s nationality
- 37. Prefix meaning three
- 40. Gentle, soft
- 41. Blue jeans maker Strauss
- 44. Woody Allen’s ex partner Farrow
- 45. Take home share of the gross

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Bible Study – Thursdays 7:30 p.m.

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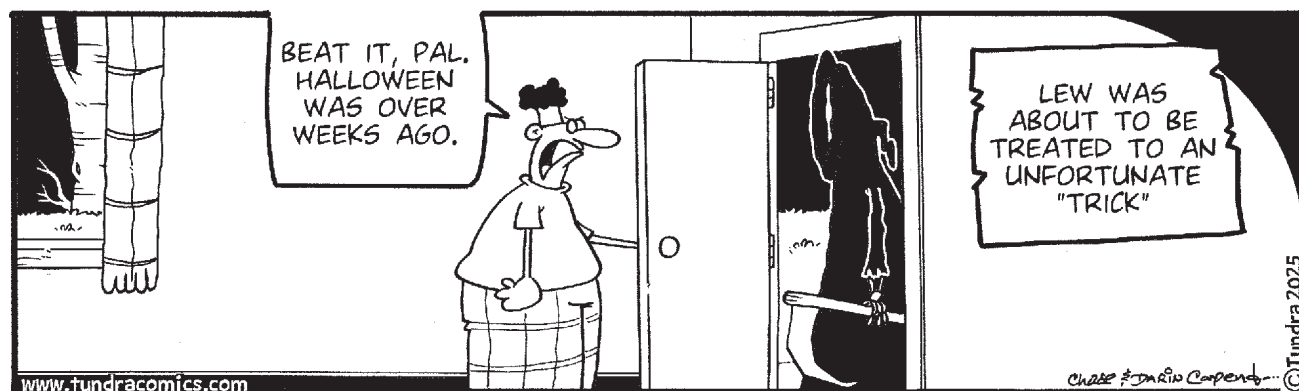
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Tundra

By Chad Carpenter



Reading is essential

I read with interest, an excerpt from a story in the Winnipeg Free Press on the weekend.

"The Manitoba Human Rights Commission published the long-awaited results of a probe into how schools are teaching children to read—or failing to do so—at the end of October.

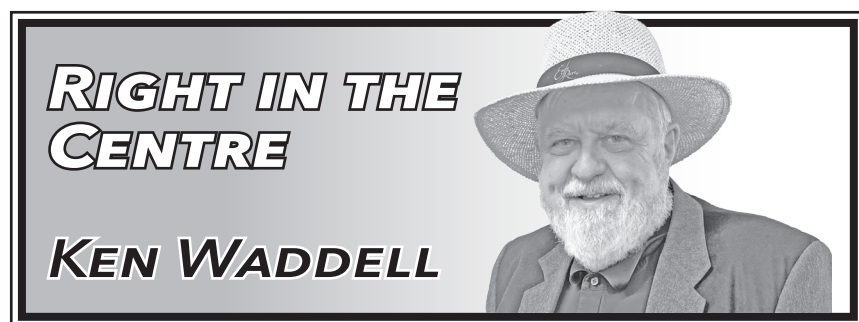
The 70-page report represents Phase 1 of a special project that's become known as "Manitoba's Right to Read." A followup on the implementation of investigators' recommendations is expected in 2026-27.

Local investigators concluded many teachers do not have training in structured literacy, a neuroscience-backed philosophy founded on explicit instruction in phonics, which stresses recognizing the connection between sounds and letters/letter combinations."

Nothing in those three paragraphs surprised me but one phrase really caught my attention, namely "explicit instruction in phonics". Actually, the part about a followup in 2026-27 doesn't actually surprise me but it greatly disappoints me. The phonics part only outlines what many of us have known for years. Phonics is very important. I know that our kids didn't get as good an education as we did over all 12 years, our grandkids didn't either.

It's now 71 years since I started school and trust me, back in those days it was "Old School".

Talking out in class without being asked was frowned upon. Reading out loud, standing by your desk was both common and demanded. So was printing and cursive writing. Fast forward to a time a couple of decades ago and, many students were not taught how to write or read cursive. Apparently, many students are not taught how to



read well at all.

Don't get me wrong, it was a long time ago, but our version of school was also fun back in those days, seven decades ago. And yeah, I knew you would ask, did students get the "strap" for misbehaving. Yes, they did but it didn't happen often and I never got the strap. If I had, I would have been in more trouble when I got home from school.

Let me reminisce for a minute. I took all twelve grades in a two story brick school that was built in 1913, just one year before WWI. It had a big old coal furnace and huge electric lights, large windows and the biggest doors ever. If you slammed one of those doors it reverberated through the whole school. We had baseball and soccer at recess and noon. We had curling, hockey, football and baseball teams. There was an annual Christmas concert and a Christmas, Valentine's and Halloween party. We had school dances with live bands. There was an annual track meet or field day.

It was a pretty darned good school AND, we learned how to read, write and do arithmetic. We studied European and world history as well as Canadian history. And yes, we memorized poems and plays, math tables and historically significant dates. I hope I am wrong, but I doubt that many students can rattle off the dates that each Canadian province joined

Confederation. I think I still can.

If kids today are having trouble reading, I fail to understand why seven decades ago Manitoba schools could teach kids how to read but not now. I have some suspicions. I suspect that somewhere along the line that discipline slipped a bit. Students didn't mouth off to their teachers back in the day or at least they were smart enough to do it quietly. That said, I think discipline, and I don't mean yelling and screaming teachers who might haul off and hit a kid, needs to be pursued a bit harder.

It takes discipline to memorize, it takes discipline to study and it takes discipline to encourage students to carry through and finish their work.

Generally speaking, I am greatly encouraged by what I see in today's students. They know about a lot more stuff than I do but if they can't read well, they can get sucked in by every bit of false news and information out there. Because it's on the internet is no guarantee it's the truth.

Reading is the pathway to knowledge and wisdom so you can know the truth and the truth sets you free. That's pretty important.

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



'What can I do?'

There is a simple offertory song that has become my favourite. I do appreciate the strong, resounding words and music of the doxology - "Praise God from whom all blessings flow;; praise God, all creatures high and low; give thanks to God in love made known Creator, Word and Spirit, One." Sung with the repeating amens gives me shivers, (the good kind!) and knowing that the words were written way back in 1674 by Thomas Kent, adds weight and importance to the message. 'What Can I Do?' is much newer, written in 2005 by Paul Rumbolt and Michele McCarthy, and it is a joyful song of offering and dedication- "What can I do? What can I bring? What can I say? What can I sing? I'll sing with joy. I'll say a prayer. I'll bring my love. I'll do my share." So joyful, so up beat, so encompassing.

I'm certainly not the first to remind you that Christmas is but five weeks away! The neighbourhood is already blessed with fantastic holiday lights, and an evening walk reveals that many homes have their trees up and decorated. The festive music has begun as has the planning and the stressing. When we can see that there are so many ways we can give to our families and communities it can take some of the pressure off. Close friends and family members have heard my stories many times and I'll tell some of them again. It is the little things we unconsciously do that can be a gift, a blessing, to others, known and unknown. A few years ago I met with a family in the morning, planning a farewell. My schedule included another such visit in the afternoon. A heavy day. For a change of mind set, I stopped at a local fast food restaurant. The young lad, swabbing the floor, was quietly singing Cohen's Hallelujah. The threads of that song, offered without a thought or intention, brought my frayed edges together. What can I sing? There is a quiet (- well...not always quiet!) friend that bakes the best ever tea biscuits. Finding a tray of these warm from the oven delicacies is a gift beyond measure. She has some idea of how much I appreciate her culinary skills. What can I bring?

I know how I used to stress over gift giving. It was a combination of finding the perfect gift and balancing a budget. At my stage of life, these are not pressing problems. When the grandchildren were young I explained to their parents that there were no or minimum gifts all year round, but we would all enjoy a summer vacation. No Christmas, Easter, Valentine, birthday or any other cause for celebration gifts but one fine experience in summer.

Before too long we will be offered gift catalogues from faith and community organisations. Several of my cousins have already decided that they are gifting a third world family with chickens. There are so many ways we can share that are meaningful, here at home and around the world. What can I do? I'll say a prayer, I'll bring my love, I'll do my share.

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Owner/Publisher
Micah Waddell

General Manager
Jessica Coulter

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From the prairies to the highland tour 204 - Part 11

By Gerry Nolan
RIVERS BANNER

We woke to a beautiful morning at The Eagle in Dornoch. After our breakfast of eggs, sausage and toast we loaded our van as we were leaving Dornoch and would be heading south to Dalwhinnie to a whiskey factory for a whiskey and chocolate tasting event.

The Dalwhinnie Distillery is located in the highland village of Dalwhinnie, which is located at the head of Glen Truim and the northeast end of Loch Erich on the western edge of the Cairngorms national

park.

We were escorted into a tasting room by one of the employees who was well versed in the qualities of Dalwhinnie Scotch Whiskey. We were seated at a long plank table with a flight of four different whiskeys with a chocolate to pair with each different kind of Whiskey. She started with the first glass where she instructed us to sniff, then sip and hold in your mouth for a moment before swallowing and then take a bite of the chocolate. We were asked, what does it taste like? This sequence was repeated for the other three varieties.

Sadly, Donald Caldwell who was our driver did not partake, but he being a good sport let us all enjoy ourselves. It was interesting that at the factory, they asked who was driving? Donald was not allowed in the room, which was too bad, but the high standard the whiskey factory was noteworthy!

After we purchased some bottles, we boarded the van and away we went heading to Queens View in the Tay Forest Park. This is an historic site over Loch Tummel and lies at the heart of Highland Perthshire. When Queen Victoria visited here in 1866, she thought the

view was named after her, but actually the belief is that it was named after Isabella, the first wife of Robert The Bruce who lived more than 500 years earlier.

After taking in these breathtaking views we boarded the van and left to continue our tour. Along our travels that day we came across the wooden remains of a Viking ship, can you believe it! Amazing history everywhere you go!

The next stop was the hotel, the Westlands of Pitlochry. We were invited to gather in a welcoming conservatory where our drinks were brought to us. We did stop for lunch somewhere that day but I do not remember where! Must have been the whiskey! For supper we went to the Auld Smiddy Inn which started its life as Pitlochry Black Smith's Forge in the early 1900's. It has been transformed into a lovely restaurant with log fires in the winter months and outside seating in the summer months. We really enjoyed it.

After a long day we gath-



PHOTO BY CELIA NOLAN

The group went to Dalwhinnie whiskey distillery for a whiskey and chocolate tasting.

ered back at the Westlands where we had a relaxing evening together.

Before we left, we had an opportunity to do some browsing and shopping. Julie and Celia were introduced to James Fraser for you outlander fans. Also, that day they found a treas-

ure in a hospice shop. A beautiful antique suitcase which they christened Mary Poppins! Mary Poppins, which has its own story later on, was going to be used to store some prestigious articles for the trip home. Stay tuned for her adventure.

Melting stiffness the mind body way, with hypnosis

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

MARIE EVELYNE GINGRAS

Have you ever rolled out of bed and thought, well, this body feels like it has been left out in the winter overnight? Stiff shoulders, tight neck, hips that sound like popcorn when you stand up, and that one mysterious ache that shows up just to remind you that you are indeed a human being with muscles and emotions. Been there.

And here is the surprising thing I discovered. Sometimes it is not the muscles alone that are tight. It is the mind holding tension like a hockey goalie clenching during a shootout. When your brain is stressed, overwhelmed, or in survival mode, your body joins the club and hangs on to every bit of tightness like it is a treasured souvenir.

Enter hypnosis. No swinging pocket watch, no feeling out of control. Think of it as guided calm on purpose. It is like turning down the volume on stress and turning up the volume on ease, breath, and balance. During hypnosis, your nervous system gets the memo that it is allowed to relax. When the mind softens, the muscles sigh in relief and follow.

Your mind talks to your body all day long. Sometimes that conversation sounds like, hurry, worry, and hold everything tight. Hypnosis simply teaches your mind to say a different message, like relax, breathe, and let go. The body listens to the mind.

I work with people who walk in holding stress in their shoulders like they are carrying invisible grocery bags. By the time they finish a hypnosis session, you can often see their posture change, their breath deepen, and their face soften. They leave feeling lighter, looser, and sometimes even a little taller. It is not magic. It is natural biology, just guided in a calm and focused way.

And yes, being a certified clinical hypnotist, I use hypnosis on myself. When my body starts acting like a rusty door hinge, I close my eyes, breathe deeply, and guide myself through imagery that melts tension. Sometimes I imagine warm sunlight moving through my muscles. Other times I picture little relaxation bubbles floating through my body, popping with tiny sighs of relief. Does it sound whimsical? Absolutely. Does

it work? Every time.

Pairing hypnosis with small daily habits makes everything even sweeter. A simple stretch in the morning, a warm mug of herbal tea, magnesium before bed, and a little self compassion sprinkled through the day. That combination is like sending your body a love letter. Our bodies appreciate every gentle message we give them.

The best part is hypnosis suits every personality. If you are analytical, we focus on breath and awareness. If you are imaginative, we use beautiful metaphors and images. If you are a busy person who has not sat still since the early 2000s, well, hypnosis is especially for you. Your nervous system will thank you.

Relaxation is not a luxury. It is a skill. Once your mind learns how to release tension, your body becomes more flexible, more comfortable, and more at peace. It is like your whole system remembers how good it feels to flow instead of brace.

So, the next time you wake up feeling stiff as a two by four, before blaming age, weather, or that one pillow you keep meaning to replace, try this. Close your eyes, breathe, and let your mind soften first. Your muscles will follow your lead.

Your greatest wellness tool has been with you all along, the beautiful power of your own mind.

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Hamiota makes case for 24/7 ER in meeting with Health Minister

By Anne Davison
RIVERS BANNER

They expected a crowd
chairs were full for the
Hamiota Alliance meeting
with Minister of Health, Uzoma Asagwara.

Initially, Hamiota Municipality mayor Randy Lints, Minister Asagwara, Jason Scott for Shared Health (EMS) and Janice Twerdoclib (chief of nursing with Prairie Mountain Health) toured Hamiota's medical facility including the clinic, hospital and laboratory. A crowd waited to hear if the NDP government, regional and provincial health representatives would further support Hamiota's bid as a health hub for the area.

Hamiota health hub

Birtle, Shoal Lake and Rivers ER departments have been closed for some time so ensuring Hamiota's emergency capability as a 24/7 facility is all the more important.

Mayor Lints pointed out that functioning emergency rooms are strained to the hilt. He said, "We're working on staffing, and we want to highlight the fact that Brandon is only an hour away." But their emergency department is stretched nearly every day. Wait times in Brandon are bad. We all know that, because we have to go there."

He stated: "We would love to have our ER (open) 24-7, and in that way, we can take some of the pressure off Brandon. And it only makes sense that our catchment has gotten bigger, even though, just with closures, at different facilities in the surrounding towns."

This point was driven home at the town hall meeting as two Hamiota residents explained what happened when a family member had a heart attack.

The one, a very recent crisis, received prompt EMS/ambulance service, was stabilized and made it to St. Boniface in Winnipeg to survive the attack.

The other, a woman who suffered a heart attack when her husband was away, waited over two hours for the ambulance. A husband lost his wife that day two years ago.

ER services also require laboratory diagnostics. Hamiota has the facility and has been looking for enough staff to support 24/7 ER service for quite some time.

Corrin Zenchyshyn on a return of service agreement and being newly trained with the latest equipment, provided invaluable details to the tour group. Abby Clark shared ideas to upgrade the cancer care room

Mayor Lints told the crowd that the tour of Hamiota's facilities was a good investment of time as Minister Asagwara and entourage were able to see for themselves the very functional facility that Hamiota has.

Minister Asagwara responds

While taking questions from the audience, Asagwara spoke in positive tones about continuing to support doctor and nurse staffing in rural Manitoba and for the lab facility.

The minister said, "There is a path forward here, in terms of all of us going in the same direction, toward that same goal of being able to count on a 24-7 ER." Qualify-



PHOTOS BY ANNE DAVISON

Minister of Health, Seniors, and Long-Term Care Uzoma Asagwara speaks at Hamiota's town hall on health services; Hamiota Mayor Randy Lints stands by.

ing further comments, Asagwara said, "I'm never going to promise something that I don't believe we can deliver. I do believe that we can achieve a 24-7 ER if we put in that work collectively, and if we do this work sustainably.

"Rural Manitoba lost over 90 paramedics alone in recent years. Advanced care paramedics, some of the folks that would have been able to respond to a call like that (heart attack) and provide the next level kind of care, they weren't able to practice or have jobs in rural Manitoba for years.

"And so the work that we've been doing [is] to make sure you have more capacity in your emergency rooms with doctors and nurses, lab services, also doing work on the EMS side.

The minister further spoke about the training and preparation to fill medical roles in rural Manitoba:

"We've added over 30 training seats for ACPs (Advanced Care Paramedic) in the province... their classes are full for the first time in years. I met students who are from rural Manitoba who are really eager to get back to rural Manitoba with those skills.

"And we've just created a new pathway for EMS. It's going to be EMR (Emergency Medical Responders) to PCP (Primary Care Paramedic) to ACP pathway. The easiest, the quickest entry into rural paramedicine is the EMR training.

For Shared Health, Jason Scott also answered questions and as a former long-time EMS responder, spoke with knowledge of the details of emergency service. He toured Hamiota's emergency garage a few months ago and is well aware of this good facility that could and should be fully utilized, a station for 24/7 ambulance response.

The audience included a woman who spoke about her husband's years as an ambulance driver, a job which sometimes puts EMS personnel in physical danger. She said that beyond recruitment, retention is an issue as responders can burn out.

Registered nurse, Hanna Matusowsky, has for the past 17 years staffed Birdtail Sioux First Nation health facility. She said, on average five ambulance trips per week serve the reserve.

"When Hamiota ER (30-minute trip) is closed, Virden is the next stop. So, we really support the Hamiota Hospital, and we would like to see it running to its fullest capacity with a 24-hour ER... for years to come."

Asagwara highlights encouraging signs:

"Red River College's paramedicine programs are now full for the first time in years, with many students from rural Manitoba planning to work in rural settings. The next goal is to match trainees with specific communities like Hamiota early in their training to strengthen retention." She reaffirms that Hamiota already having the infrastructure — the shed — puts it ahead of many communities still lacking even that.

The minister acknowledges that progress has not yet come quickly enough, but says the government is actively investing in training, partnerships, and rural job creation to restore EMS services sustainably across Manitoba.



A Hamiota school teacher, Sheena Blanchard, attended the Hamiota Community Hall on Nov. 7 and bravely recounted how her father's life was saved through emergency medical response. It was an opportunity to tell the minister, Shared Health and Prairie Mountain Health representatives of the outcome when emergency medical services were available. Blanchard told the crowd, "A week ago, my dad made the decision to go to our local ER with chest pain. And what followed was a beautiful execution of what healthcare can look like in Manitoba. The doctors and team at the Hamiota ER met him quickly, immediately looked after his care... and were able to transition him to the ambulance team, onto a plane and into safety. He got life-saving surgery. He was given round-the-clock care by the nurses and he came home on Tuesday."



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NDP Bills pass as the fall session of Legislature wraps up



Riding Mountain MLA Greg Nesbitt

FILE PHOTO

Under the Dome

BY GREG NESBITT, MLA FOR RIDING MOUNTAIN

The fall session of the Legislative Assembly of Manitoba wrapped up on the evening on Thursday, Nov. 6 and Manitobans watched as the majority NDP government passed Bills that could shape their daily lives and local economy.

Among the legislative actions was the passage of Bill 49, the Manitoba Public Insurance Corporation Amendment Act, which will formalize the “registered-owner model” for Manitoba Public Insurance. The legislation requires that any insurance discount or rate reduction be based solely on the driving record of the registered owner of the vehicle, rather than on other individuals who might also be driving it.

The goal of Bill 49 is to maintain stability and consistency in how MPI calculated and applied insurance premiums within our public auto insurance system. For rural Manitobans, the Bill clarifies how insurance would apply to vehicles that are often shared among family members or used for agricultural purposes, ensuring that premiums remain tied to the registered owner regardless of who operates the vehicle.

Another Bill which passed this session makes changes to liquor licensing restricting alcohol sales in convenience stores and gas stations. While the Bill targets urban areas, rural entrepreneurs worried that similar restrictions could eventually extend to their communities, limiting their ability to diversify revenue streams.

Business owners joined with the PC opposition in bringing these concerns to the forefront, emphasizing the need for liquor licensing policies that reflect the realities of rural life.

Bill 11, the Consumer Protection Amendment Act, raised concerns with the PC opposition and consumers about unintended consequences for rural and northern communities. While the Bill will regulate high-interest loans and payday lending practices, there are risks to consumers for access to short-term credit who do not have traditional banking options.

In communities in which financial services are already stretched thin, this overly restrictive legislation could leave vulnerable individuals with fewer choices during emergencies. Protecting consumers from predatory lending is important; however, the right balance between regulation and accessibility is very important.

The passing of Bill 40, Respecting O Canada and Other Observances Act, will mark a significant change to long-standing school traditions across the province. It eliminates the regulation that requires students to sing God Save the King at the start or end of each school day. Manitoba schools will no longer be obligated to include the royal anthem in daily observances, though divisions may still choose to do so

at their discretion for special events or ceremonies.

Bill 40 also removes the last remnants of a regulation mandating the Lord's Prayer in public schools, which had been ruled unconstitutional in 1992, and introduces a new requirement for all school boards to develop formal policies on land and treaty acknowledgments as part of their commitment to reconciliation.

Looking ahead, the Speech from the Throne on Tuesday, Nov. 18 will set the tone for the NDP's legislative agenda. Issues such as healthcare and hospital staffing, affordability, crime, jobs and infrastructure are just some of the issues that are top of mind for Manitobans, and me as your MLA.

As the new session of the Legislature begins, Manitobans are encouraged to stay engaged with the legislative process. As your MLA I welcome your views on legislation and policies put forward by this government.

As the new session gets underway, one thing is clear: the decisions made in the Legislative Building this autumn will echo across the fields, towns and highways of Manitoban communities for months and years to come.

Greg Nesbitt is the Member of Legislative Assembly for the Riding Mountain constituency. He can be reached at 204-759-3313, toll-free 1-844-877-7767 or by email at greg-nesbittmla@mymts.net. When contacting our office, please include your name, address and a daytime phone number.

Hamiota Remembrance Day Service



PHOTO BY DALE DAVISON

Rev. Orland Usick conducting the Remembrance Day service at the Hamiota Cenotaph on Nov. 11, 2025.



Wear your favorite Sports Jersey and support your Community. Rivers and Area Community Foundation and Scholarship evening, Nov. 14 – 7pm, in the Upper Legion Hall. See what projects continue to lead growth and support our community. Have fun and participate in some sports trivia! There will be a 50/50 and a secret basket to win.

See you there!

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Budget comments from Grant Jackson, MP Brandon-Souris

By Banner Staff
RIVERS BANNER

On November 4, 2025, Minister of Finance and National Revenue François-Philippe Champagne delivered Budget 2025, titled “Canada Strong.” Budget 2025 commits \$141.4 billion in new spending over the next five years.

“The Carney government said they would have clamp down on government spending but the budget deficit was \$40 billion last year but this coming year, it will be \$78 billion.

Ed. Note: Deficit means the amount of expenditures over income in a given year. All the deficits incurred equal the national debt which now will be \$1.35 Trillion.

“Now the amount Canada will pay per year on interest on the national debt exceeds the health transfer payments from the federal government to the provinces.”

Jackson noted that the civil service is being cut slightly but the numbers are still way higher than five years ago.

· Jackson’s office sent the following speaking notes:

· This budget will drive up the cost of living on every Canadian - on food, on homes and on everything else Canadians buy. Mark Carney broke every promise he made just six short months ago:

- He promised to keep the deficit at \$62 billion - it is \$78 billion.
- He promised to lower the debt-to-GDP ratio—he is raising both it and inflation.
- He promised to spend less - he is spending \$90 billion more: \$5,400 in more inflationary spending per household.
- He promised to help municipalities cut their homebuilding taxes in half—and this costly budget breaks that promise. Higher housing costs are the price of this Prime Minister.
- He promised more investment -

the budget reveals investment is collapsing.

- The budget forces Canadians to spend more on debt interest than on healthcare transfers and more than the government collects in the GST - every dollar the Liberals collect in the GST goes to bankers and bondholders, not doctors and nurses.
- Conservatives want an affordable budget for an affordable life and on behalf of the Canadians that Liberals have priced out of food, homes and life, Conservatives will oppose this costly deficit budget that gambles away Canada’s future.
- Conservatives will present an amendment to boost take-home pay and deliver affordable homes and food by ending hidden taxes, cut wasteful spending, open our country up to opportunity, and get rid of bureaucracy to build affordable homes.
- We call on the Prime Minister to work with us to support a positive, hopeful, and affordable future for all Canadians.

Key Facts:

Mark Carney will add \$321.7 billion to the federal debt over the next 5 years, more than twice the \$154.4 billion that Trudeau would have added over the same period.

- This budget adds \$10 million to our debt, every hour.
- Under Carney, federal debt is now \$1.35 trillion and interest on debt will be \$55.6 billion for 2025-26, that is more than the Canada Health Transfer (\$54.7 billion), and GST revenue (\$54.4 billion) and amounts to \$3,360 per Canadian household.
- Under Carney, real GDP has only grown by 1.1% in 2025, the second lowest in the G7.
- Under Carney, unemployment will average 6.4% over the next five years.
- Under Carney, the Industrial Carbon Tax will remain in place.

Every gift is worth more during the Endow Manitoba Giving Challenge, Nov. 10 - 16

Submitted
By ENDOW MANITOBA

November 10, 2025. Now is the time to help our community flourish forever! Rivers and Area Community Foundation encourages residents of Rivers and Riverdale Municipality to make a gift between Nov. 10 – 16 as part of the Endow Manitoba Giving Challenge.

Help Rivers and Area Community Foundation reach their Giving Challenge goal of \$10,000. For this week only, every gift will be stretched by The Winnipeg Foundation and the Manitoba government—increasing the amount Rivers and Area Community Foundation receives.

Online gifts can be made securely through endowMB.org. Contact Rivers and Area Community Foundation for more giving options.

The Winnipeg Foundation and the Manitoba government are committed to the growth of community foundations across Manitoba, each providing a maximum stretch of \$2,000 per foundation.

Rivers and Area Community Foundation can receive up to \$4,000 in stretch funding.

“This is a great opportunity to support Rivers and Area Community Foundation,” says Donna Morken, of the Rivers and Area Community Foundation. “Of course, we welcome gifts at any time but giving between Nov. 10 – 16 means extra support. We’re so excited to see what our community can accomplish!”

Donations to a community foundation are pooled and permanently invested. Gifts are never spent, and the money will always stay in the community. Every year, these investments generate money that is distributed to support local charitable needs. Rivers provides support that lasts forever.

Manitoba is home to 57 community foundations—more than any other area of the country. Every year, these foundations invest millions of dollars into a wide range of local charitable projects. They help ensure our hometowns are vibrant and thriving.



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Letter to the Editor

RE: Open letter to Riverittes, Town Office

This letter is to draw the attention of the taxpayers of Rivers to visit the Town of Rivers to strongly encourage the repair of the sidewalk that is on the Main Street; specifically the frontage of businesses on 2nd street on the North side. The reason? Safety and protection of all. The surface of the sidewalk has worn from a smooth surface to deterioration and exposure of a pebble like, unstable surface.

On October 15th, 2025, a lifelong resident of Rivers experienced a serious fall requiring hospitalization with stated destabilization in trying to navigate walking on the surface of the sidewalk. It also has been a discussion that this individual has telephoned into the Town Office pleading for some repair of the sidewalk a couple of times after needing to use this sidewalk.

For all taxpayers in Rivers and those visiting, this is a liability to safety.

It has since come to my attention that a sidewalk fronting the elementary school has been repaired for safety reasons. The Main Street needs this same attention.

I had visited the Town Office in Rivers with request to talk to the CEO. It was an impromptu visit so I understood when the CEO was not available and so I shared my concern with the receiving person at the front desk. It was discussed that quotes have been received to repair the sidewalk, but nothing had been initiated. I left my contact information with request the CEO contact me for a conversation. No contact was received after a week, so I visited the office again to request talking to the CEO and they remained unavailable. So, I requested to the individual at the front desk for contact information to write a letter when I returned home. I was somewhat astonished at the lack of openness by the CEO in talking to the public at large on a matter of significant importance.

This is a community with Seniors who not only have been taxpayers of this community in a long-standing way; but use the services on this street in quality to life needs. It is important to consider everyone regarding their safety to the best of the ability of the gatekeepers of their tax dollars to safeguard everyone.

Respectfully
Heather Honke
Kelowna BC

REF MEMORIES

REF TO
WRITER

GERRY
NOLAN



Another referee memory I have took place at a senior hockey game in Kenton. That night was when 3 penalty shots were awarded on the same play. How was this possible? Three penalty shots on the same play, you're kidding, right? No it actually happened, and now for the rest of the story.

Dale Henderson was the head referee in that game. Kerry Smith and myself were the two linesmen.

A Kenton forward had a break-away and was fouled from behind. When he was tripped, Dale signalled there was a penalty shot being awarded. The signal for a penalty shot is by the referee putting his arms straight up over his head and crossing them.

Now when a penalty shot is awarded, you talk to the shooter and the goaltender to inform them of the rules while a penalty shot is taking place. First the shooter. The puck must be kept in a forward motion toward the goal. It's not like the NHL where players zigzag all over the place before a shot takes place. The shooter gets one shot, no rebounds should the puck hit the player and enter the net. Kerry Smith, one of the linesmen has the puck that he will set down at centre ice after the referee has a chat with the goalie and explains to him that he must remain in the goal crease until after the shooter crosses the blue line. The goalie was upset about Dale calling a penalty shot and told Dale he knew exactly what his responsibilities were as a goalie, get away from me!

Dale blows his whistle, Kerry sets the puck down on the centre red dot. I am standing on one side of the net, Dale on the other side. It's his call, I am there as another set of eyes on the play. The Kenton player picks up the puck and starts to head in for the shot. The goaltender comes out of his crease to position himself to block the shot. The goalie makes the save, penalty shot is completed, correct? No, this is not the case. Dale blows his whistle and signals that the shot is to be re-taken, because the goalie came out of his goal crease before the shooter had crossed over the blue line. The goalie is now a bit more upset with Dale. We are re-doing the shot. Dale again tells the goalie what he has to do, stay in your crease until the shooter crosses the blue line. Guess what? The goalie comes out of his crease too early, the shooter does not score again so you know what happens now? That is correct, we are doing it again! This will be the third attempt at getting this play completed. The third shot is taken, the goalie stays in his crease, but this time the shooter scored. The goalie is now really steamed at Dale and has more than an earful for Dale, who has headed to the timekeeper's bench to have the goal recorded.

As officials, we are also a team and do stick up for each other. The goalie still has a rant going so I decided I should intervene and get his attention off Dale and on to me instead. I said to the goalie, you know Dale is correct in how he handled this penalty shot. The goalie gets more verbal abuse going, so I said to him. I noticed in warm up you were stopping all the shots and then even on the first and second penalty shots you stopped them too. The goalie goes silent. I guess maybe I should have left it alone, but I said to the goalie, too bad that all those shots you seem to stop. But when it really counts, everybody is scoring goals on you. I said, you are the best warm-up goalie I have ever seen, but not so much during the actual game. Well, he comes unglued on me, but he left Dale alone. Mission accomplished. I let the goalie rant for a while at me then said to him, I am the head referee at your next game. If I were you I would just shut the hell up or make sure your back-up goalie is dressed because I will not be putting up with you and your mouth. I think my fuse is shorter than Dales. The goalie seemed to all of a sudden lose his tongue as it was very quiet when he left the ice. Truth be told, I was not doing his next game, but he did not know that, but I did. I saw him later on in the season, I could not even get a hello out of him!

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Shameless: NDP Say No to Earlier Breast Cancer Screenings, Accountability for Healthcare Wait Times

Submitted
By PC MANITOBA

The Kinew NDP blocked Bills 203 and 226 Thursday, killing legislation aimed at protecting Manitobawomen and improving transparency for Manitoba patients.

“Manitobans deserve accountability from their government,” Roblin MLA Kathleen Cook, PC Critic for Health. “The NDP have made it clear that they have no intention of being accountable or putting aside partisanship to ensure better health outcomes.”

Bill 203, The Earlier Screening for Breast Cancer Act, was introduced by Cook to lower the initial eligibility age for routine breast cancer screening services to 40 years, and to do so by a hard deadline of Dec. 31, 2026. The legislation also mandates yearly public reporting by the

Minister of Health on the implementation and impact of this initiative.

Bill 226, The Health System Governance and Accountability Amendment Act (Reporting When Timely Care Not Available)—or Debbie’s Law—also introduced by Cook, requires health authorities to notify patients when life-saving care cannot be provided within medically recommended time frames, give patients out-of-province care options when waits in Manitoba are too long, and mandates reporting of all patient deaths linked to health-care delays for life-saving procedures.

Both bills were blocked by the NDP three times Thursday morning, effectively killing the pieces of legislation before end of session. This marks the second time that the NDP killed PCs’ breast cancer bill, which was also

introduced last year.

“The NDP had nothing negative to say about either bill, no amendments, no critiques when brought to second reading,” said Cook. “The health minister can grandstand in the Legislature and make endless empty promises, but when it comes to acting on common-sense, patient-first policy, they have let Manitobans down at every opportunity.”

“Wab Kinew and Uzoma Asagwara have failed Manitoba families waiting for life-saving care, breast cancer survivors, advocates, and women all across the province. They should feel ashamed.”

For media inquiries, please contact PCCaucus_Media@leg.gov.mb.ca



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71	O	72	C	73	T	74	M	75	U	76	R	77	A	78	L	79	M	80	A
81	P	82	R	83	I	84	M	85	I	86	T	87	I	88	V	89	E	90	N
91	S	92	E	93	N	94	I	95	L	96	E	97	E	98	V	99	E	100	N
101	E	102	G	103	A	104	D	105	S	106	N	107	I	108	T	109	T	110	Y

Created by David Harris of Oak River, MB

Labour and Immigration: Not So Simple



By Cam Dahl, General Manager
MANITOBA PORK COUNCIL

Immigration is a hot button political issue. High unemployment rates for young Canadians, housing shortages, and skyrocketing rents have many politicians calling for dramatic changes to Canadian immigration policies. For example, some have been calling for an end to critical programs like the Temporary Foreign Worker Program and slashing the number of new permanent residents.

The policy of the Government of Canada from 2015 to 2023 was one of wide-open doors, with Canada admitting a record number of newcomers. Facing housing shortages, rising rents, and high unemployment for youth and in some immigrant populations, the Government of Canada took a 180-degree policy pivot, cutting immigration targets. The targets for 2025 were almost 20 percent below the 2024 levels with further reductions planned in the years to come. The initial allocation for the Provincial Nominee Program was cut in half. These broad shifts do not serve the Canadian economy nor new Canadians.

The drivers behind the policy shift are real. Canada's big cities do have a housing crisis. Canadian youth are facing a difficult time finding jobs. Some regions of the country have seen an increased strain on social services and health care. Too many people have been admitted to Canada without a link to employment opportunities. However, a country wide one-size-fits-all immigration and labour policy is not the right answer.

What is needed for Toronto, Vancouver, or Montreal is not what is needed in other parts of the country. Pressures in other regions of Canada are not the same as in our large cities, and new Canadians are a critical part of the Manitoba labour force in places like Notre Dame de Lourdes, Neepawa, Brandon, and Winnipeg. Provinces, not the federal government, are best positioned to manage the labour requirements in their own region.

Lack of access to labour is an issue today for hog producers. There are current cases where farmers have shuttered barn sites due to labour shortages. This problem will only be exacerbated if further restrictions are placed on immigration.

To ensure ongoing sustainable hog production and pork processing, Manitoba producers and processors rely on immigration programs like the Provincial Nominee Program. The sector hires foreign workers and supports them on a path to permanent residency to fill vacant positions.

This approach successfully matches newcomers with stable full-time work.

There is a high retention rate of foreign workers brought in by the hog sector. Foreign workers receive training and put roots into the communities where they settle. Neepawa is a prime example of a town that has been revitalized by the influx of new Canadians. The town is one of the fastest growing in Canada, boasting a new hospital and new road infrastructure because of investment by the hog sector and immigrants brought in to support the industry.

The negative impacts of labour shortfalls on hog producers and pork processors go beyond productivity losses. The sector has invested heavily in improving biosecurity and the ability to manage production diseases like Porcine Epidemic Diarrhea (PED) and Porcine Reproductive and Respiratory Syndrome (PRRS), as well as keeping foreign animal diseases like African Swine Fever (ASF) and Foot and Mouth Disease (FMD) out of the country. Labour shortages make this work more difficult and add strain to producers' efforts to protect the animals under their care from disease.

The impact of diseases like PED and PRRS are not theoretical. The last major outbreak of PED in Manitoba, which began in the fall of 2021 and ran through the spring of 2023, is estimated to have cost the industry more than \$100 million. Current estimates indicate that PRRS in the U.S. is costing the industry there \$1.65 billion annually.

Hog production and processing in Manitoba have the opportunity for growth, if barriers like labour shortfalls can be overcome. New building and investment not only provide on-farm and spin-off employment opportunities but also help build and sustain Manitoba's rural communities through population growth, increased school enrollments, additional small business opportunities, and enhanced community services.

Budget 2025 included commitments to prioritize immigration for rural, remote and tariff-hit businesses and to increase the number of new Canadians that are coming to fill specific jobs. These are positive announcements. However, it is not all that is needed. First, we need to abandon a blanket approach for all of Canada. Canada is a vast country with different needs for every region. Canadian immigration policy should reflect the country's diversity. For example, the Provincial Nominee Program has successfully helped meet regional needs. This program needs to be enhanced, not reduced. Second, policy should shift emphasis to the quality of immigration, versus a primary focus on the number of people entering Canada. More newcomers should have skills aligned with market needs, like the hog sector in Manitoba.

Immigration and labour needs vary widely across Canada. Rather than governments delivering, short "social media ready" soundbites we should be focused on thoughtful immigration and labour policies targeting regional, and sectorial, needs.

SPORTS

JETS DEFEAT PLAINSMEN, FLYING FEATHERMEN

By Robin Wark
RIVERS BANNER

The Rivers Jets collected a pair of victories last weekend.

The senior hockey team hung on to defeat the Carberry Plainsmen, 4-3. It then jetted past the Sandy Bay Flying Feathermen 12-1, with Tanner Nedohin recording seven points. The wins improved the Jets' Tiger Hills Hockey League record to 3-0.

The Jets host MacGregor on Nov. 14. They play in Deloraine on Nov. 15.

Jets 4, Plainsmen 3

On the road on Nov. 7, the short-handed Jets had a strong start, built up a 4-0 lead, and hung on for the victory. In his first season with Rivers, Kaelen Huibers had a breakout game. He scored twice and assisted on the game's opening goal.

"Kaelan has been a big addition to the team, he's produced early on so far, and has played well," coach Ryan Lamb said. "He had a big hand in us coming out of Carberry with two points Friday."

Laytin Veitch and Kayden Sutherland scored in the first period to put the Jets out in front 2-0. In the second frame, Huibers lit the lamp twice to make it 4-0.

The Plainsmen responded with goals by Tavish Quinn, Rylan Veitch, and Kaelan Waldner in the third period. They were unable to tie things

up. Jets goalie Riley Lamb stopped 25 shots. For Carberry, Joel Baron made 32 saves.

Jets 12, Flying Feathermen 1

Rivers netminder Layne Anderson turned away 27 shots at home on Nov. 8, while his teammates fired 57 at Sandy Bay's net. Anderson's shutout bid ended in the final two minutes of the contest. Sandy Bay goalie Nikolaus Pankratz made 45 saves.

Rivers led 6-0 after the first period. The Jets extended their lead to 9-0 by the second intermission. They scored three more in the third before Gabriel Beaulieu got one for the Flying Feathermen.

Nedohin scored Rivers' last goal. It was a fitting way to cap a strong night for the veteran forward. Nedohin recorded six assists and a goal.

"Honestly, everything was just clicking tonight. The puck was bouncing our way," Nedohin said of the team's offence. "We were moving the puck well, creating space, and finishing our chances."

Luke DeCorby led Rivers with three goals. He finished with five points. Kayden Sutherland scored twice and had four points. Also scoring for the Jets were Riley Boles, Owen Wareham, Cam Ramsay, Keaton Moore, Drayson Collyer, and Braden Clarke. Carson Smith had four assists.

MEN'S SHEDS Manitoba

Are you a man, possibly retired, seeking regular connection, support, and purpose with others? A **Men's Shed group**, meeting weekly or twice weekly, could be the answer.

Go to <https://mensshedsmanitoba.ca/find-a-shed/>

Activities vary by shed but many common ones are:

- Coffee and visiting
- Art - sketching/painting
- Guest speakers
- Community projects
- Diamond willow and wood carving
- Table games

Men's Sheds in Winnipeg:

Park City Men's Shed - 180 Poplar Ave
Robert A Steen Men's Shed - 980 Palmerston
Wildwood Park Men's Shed - 271 North Drive
Riverview Men's Shed - 90 Ashland Ave
Woodhaven Men's Shed - 401 Westwood Drive
Lord Roberts Men's Shed - 725 Kylemore Ave
Garden City Men's Shed - Seven Oaks Arena 2nd fl.

Men's Sheds throughout Manitoba:

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

Want to start a **Men's Shed** in your community?



Email us for resources, support, and start-up funding:
mensshedmanitoba@gmail.com
<https://mensshedsmanitoba.ca>



RIVERS AND DISTRICT CHAMBER OF COMMERCE

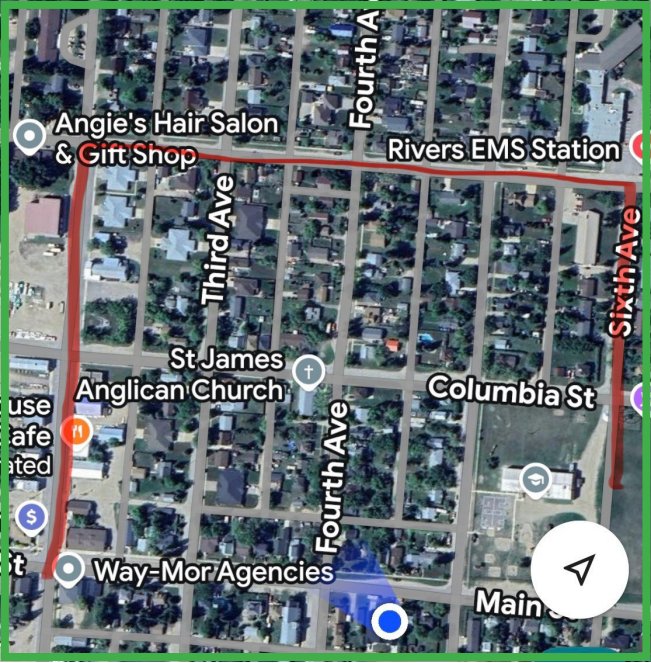


HOLIDAY CELEBRATIONS
Friday, November 21, 2025
Riverdale Community Centre

- | | |
|---------------|--|
| 2:00 - 5:00pm | Free Skate |
| 3:00 - 6:00pm | Kids' Activities (incl. Co-op Cookie Decorating) |
| 2:00 - 5:00pm | Kids' Games |
| 4:00 - 6:30pm | Free pictures with Santa |
| 5:00 - 6:30pm | Free Hotdog & Hot Chocolate |
| 6:30pm | Parade Line-up |
| 7:00pm | Parade |

Merry Christmas, and many thanks to everyone who has made us a part of their year!

PARADE ROUTE



SUN	MON	TUE	WED	THU	FRI	SAT
COMMUNITY CALENDAR						Nov 14
					Prairie Crocus Library Storytime in Rivers 10am Chase the Ace Rivers Legion 7pm Kenton Legion 7pm Hamiota Hotel 7pm	Nov 15 Immaculate Conception Catholic Church Christmas Tea 1:30 - 3pm
16 RCI Travel Club Christmas Bazaar at Rivers Collegiate Rivers Legion Bingo 11:30am	17 50 + Card Games 1pm	18 RIVERDALE municipality Council Meeting	19 50 + Club Cribbage 1pm	20 Rivers 50 + Club Annual Meeting 1pm Riverdale Harvest Food Bank 9:30 to 11:30am. Rivers Legion Cribbage 7pm 50+ Floor Games 1pm	21 Rivers Chamber of Commerce Christmas Event Day Prairie Crocus Library Storytime in Rivers 10am Chase the Ace Rivers Legion 7pm Kenton Legion 7pm Hamiota Hotel 7pm	22 Oak River Legion No.150 Meat Draw at 8 pm
23 Rivers Legion Bingo 11:30am	24 50 + Card Games 1pm	25 50 + Club Pool 1pm	26 50 + Club Cribbage 1pm	27 Rivers Legion Cribbage 7pm 50 + Floor Games 1pm	28 Prairie Crocus Library Storytime in Rivers 10am Chase the Ace Rivers Legion 7pm Kenton Legion 7pm Hamiota Hotel 7pm	29 Rivers Craft Christmas Sale