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GAZETTE-REPORTER

# RIVERS BANNER

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## Two wheels, endless thrills

PHOTO BY JESSICA COULTER

Recent instructor for the Rivers MX students, Keeson Smith, rides in the final race at the Rivers Dirt Rodeo track on Sunday September 1.

By **Jessica Coulter**  
 RIVERS BANNER

An incredible fun filled weekend for Manitoba Dirt Riders Inc (MDR) was staged for the second time at the Rivers Dirt Rodeo Race Trail. Hundreds of people came out to ride, to race, to watch or to volunteer for

this weekend of outdoor adrenaline infused excitement.

Saturday, August 31 was all about the fun races. Sunday, September 1 was time to score points in your race class.

*read more about the winners on page 7....*

## Inside...



**NEW COLUMN  
 BY TARA  
 KAUENHODEN**  
*P8*



**SUMMER GAMES  
 GOLD EARNED  
 BY LOCALS**  
*P11*

# Back-to-School **TIME**

## How families can get ready for a new school year

Submitted  
By METRO CREATIVE

Children will soon be trading in the chimes of neighborhood ice cream trucks for the bells of school as summer vacation gives way to the start of a new academic year. August through September is prime back-to-school season, with children all across the country stocking their backpacks and shopping for new school wardrobes.

There is more to getting ready for the start of school than making sure pencils are sharpened and tablets are charged. Parents and children can work together to ensure the transition back to the classroom is as seamless as possible.

### Adjust sleep and wake times

Summervacation often means letting loose of schedules for a while, and that may translate into later-than-normal bedtimes and rising a little later in the morning. Everyone in the household will have to reacquaint themselves with schedules that ensure kids get to school on time. A few weeks before the first day of school, start incrementally going to bed at an earlier time and start waking up earlier each morning. Try to plan out the increments so that by the time the last few days of summer vacation wind down, the family is on target with a waking schedule that mirrors the school schedule.

### Acclimate to being around people

Although summer vacation may involve trips that bring children in contact with other people, it may have been some time since they've spent five or more hours per day around 20 to 30 people their age. It may take a transition period to get used to being around a bunch of peers, so families can visit places where there tend to be crowds of kids, such as zoos, aquariums, parks, and trampoline centers. These can be low-pressure locations to dust off social skills.

### Know the route or plan for school transportation

Students may be driven independently, ride the school bus, walk or bike, or carpool with others to and from school. Families can establish plans so that getting to and from school is not something kids need to worry about. Practice routes and timing, taking into consideration that when schools open there will be much more traffic. Parents can reassure children that there will be a learn-



PHOTO BY METRO CREATIVE

ing curve, but all of the kinks generally get worked out during the first week.

### Avoid "summer slide"

Most students don't want to think about studying, homework and testing while on summer break, but it can be beneficial to stay current on some lessons. Summer slide refers to the loss of some of the learning achieved during the previous school year over the summer break. Some experts say summer slide is overstated, but it can't hurt for students to refresh their memories on some math, science and language arts concepts over break so that they will be ready to hit the books when the new school year begins.

### Prep for school lunches

Children and adults can work together to map out healthy eating options for school lunch. Many school districts have lunch plans that can be purchased through an online account. Participating students simply enter a number or swipe a code at checkout. School lunches are built to be nutritionally diverse and have options that even picky eaters will like.

School is right around the corner, and families should get ready for the routine and needs that go with the academic year as the first day draws closer.

# Be Fire Smart!

Submitted  
RIVERS/DALY FIRE DEPARTMENT

If you witness a fire in a public place, or anywhere it shouldn't be, call 911 immediately, regardless of the fire's size. Fires can spread rapidly and can become uncontrollable.

Please do this before posting on social media.

Even if police response is delayed, the fire department will be dispatched to extinguish the fire, secure



the area, and begin an investigation.

It's illegal and hazardous to start fires on municipal land or on property you don't own without proper containment.

Please reference Riverdale Municipality BY-LAW 2020-09 for the proper Regulations and Guidelines.

For police matters that are not considered urgent, call 204-726-7522 and when in doubt, call 911!



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**NEIL STROHSCHNEIN**

**Tips for teachers, Part I**



**M**y years in public school concluded on June 30, 55 years ago. If you find that hard to believe, you're in good company. So, do I. But it's the truth. Not believing it won't change it.

I was blessed to have many teachers who made a huge impact on my life. But there were some whose teaching methods and poor enforcement of class discipline made learning difficult. I was glad when the term ended, and I no longer had to deal with them.

Looking back on those years, I have identified four "tips" I would like to share with today's teachers. I will deal with these, one at a time, over the next four weeks.

Here's tip number one. Encourage curiosity and creativity in your students. You have access to technology that did not exist during my high school years. My largest foray into the use of media as a teaching tool was watching a National Film Board series on Canada at War. I am confident that you will continue to use the many modern teaching aids at your disposal to make learning exciting for everyone.

But don't be afraid to encourage independent study when it will benefit your students.

In 1969, my Grade 12 Physics class faced a serious challenge. Our teacher had taught the course several times before. He knew the material. But thanks to a serious health problem that not even he knew about, he could not convey what he knew to our class. Something had to change. But in a small rural school (which ours was), we had very

few options.

So, we decided to ask our school's Principal if we could buy copies of the Alberta Correspondence Course for Grade 12 Physics. We would attend classes, complete assignments and do all that our teacher asked of us. But we would work through the correspondence material on our own time, using it as an additional learning resource.

Our Principal agreed. We got the material and went to work. When our teacher found out what we were doing, he made us an offer that we couldn't refuse. We could work through the Correspondence material during class time. He would follow our progress, grade our assignments and make sure that we covered all of the course material. And he would be there to help us understand and master material we found hard to comprehend.

It was a "win-win" situation for all of us. Our teacher allowed us to work on our own at our own pace. His oversight ensured that we covered all the material. We ended the year on a high note. Everyone passed the course with unbelievably high marks. We gained a new respect for our teacher and, I hope, our teacher gained a new respect for us.

The method we chose proved to be the best for all concerned. Today, correspondence courses are delivered online. But a certified teacher is always available to give additional instruction as required. Modern technology is great; but it be a long time before it replaces the teacher in the classroom-if it ever does.

I am all for having computers in classrooms and for allowing students to use their smart phones, tablets or laptops as study aids. But they need to learn that these items are tools, not toys. They need to learn how to keep these tools from becoming distractions that will affect their performance and productivity once they leave school and enter the work force. I know of no better way to learn those skills than from a teacher in a classroom.

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# Locally created crossword

**Across**

- 1 - Greatest, most extreme
- 8 - 3 weight class winning boxer - Johnny and family
- 14 - Drug researchers
- 17 - 101 in Rome
- 18 - Continental money
- 19 - 1000 equal a metre abbr.
- 20 - Upper limb
- 22 - Captured or uncovered ones faults expression (plural)
- 23 - Miss Piggy's expression of self
- 24 - Knife thrust
- 26 - Take unlawfully
- 27 - Unwanted nuisance
- 28 - Argonaut coach Brackenridge
- 30 - Initials of New Orleans singer song writer who played in bands "The Meters" "The Neville Brothers"
- 31 - Diagram representation
- 32 - Calamari
- 34 - Fury, rage
- 35 - Equalized weight
- 36 - Wife of Argonaut Jason
- 37 - Glacier gravel deposit
- 38 - Hank Williams' daughter and others same named
- 39 - Not good
- 41 - Domestic duck - white with an orange bill
- 43 - Producer/Actor Preminger
- 44 - Sexual harassment movement
- 46 - 1920's decorating art style
- 47 - Reference to a woman
- 48 - Near where Bobby Mcgee slipped away
- 50 - Cutting tool with teeth
- 51 - Greeting
- 52 - Severely
- 54 - California largest city abbr.
- 55 - Not putting on airs
- 58 - Age discrimination
- 59 - Spreads outward

1	2	3	4	5	6	7	8	9	10	11	12	13
14						15		16				
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55		56									57	
58								59				

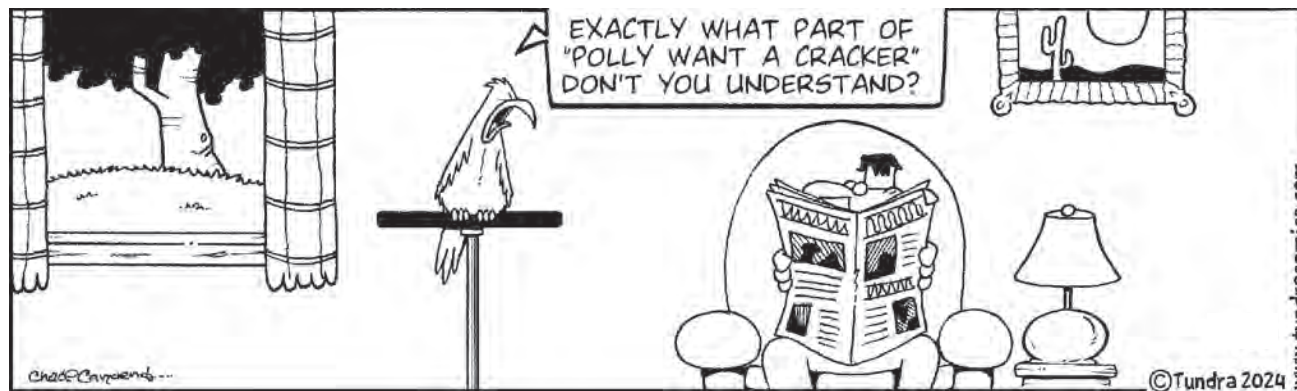
**Down**

- 1 - Rises as air
- 2 - Between thirty and forty years of age
- 3 - Pa's partner
- 4 - Mine output
- 5 - Self-satisfying feeling
- 6 - Potato substitute
- 7 - Refusal to honour a holiday (plural)
- 8 - Sum up
- 9 - Gets old
- 10 - TV's Magnum and others in the same profession
- 11 - Exists
- 12 - Relates to the air
- 13 - Red Green actor - first initial, last name
- 15 - Terra \_\_\_\_\_ Army, China's archaeological site
- 16 - "Mean Girls" actress Lindsay
- 21 - Electoral riding comprising the cities of Dorval, Ile-Dorval and Lachine borough Quebec
- 23 - Potato frosted hamburger loaf (plural)
- 25 - Apt to happen (2 words)
- 27 - Tricked
- 29 - Nights simplified
- 31 - Grip, clutch
- 33 - USA's narc organization
- 34 - Mole removal technique abbr.
- 38 - 6th book of the Bible
- 39 - Misrepresent
- 40 - Hole food
- 42 - Not going to happen
- 44 - Markets
- 45 - Desert watering hole
- 48 - Appear to be
- 49 - Spill
- 52 - Jrs dads
- 53 - "The King and I" actor Brynner
- 56 - 3.14 approximately
- 57 - Nelson Mandela's land abbr.

Created by David Harris of Oak River, MB

# Tundra

By Chad Carpenter



## Fixing the problem

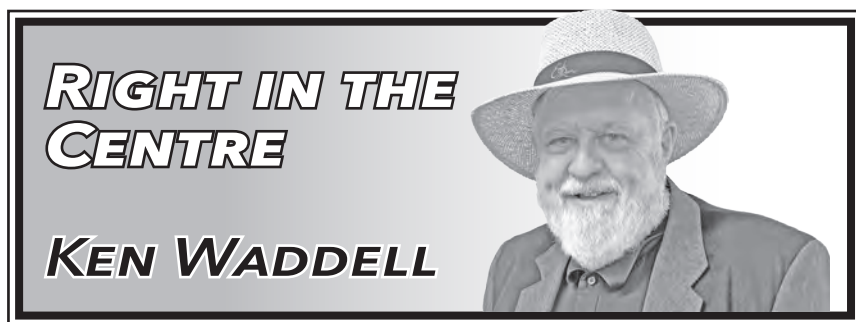
Twice a year, we can be assured that food and nutrition shortages are raising their ugly head in communities across Manitoba. Each Christmas season, we are reminded of an ever increasing need for food and money donations to the local food banks and hamper programs. Now that schools are back in session, we are reminded of an increasing number of students who go to school hungry. To both these situations, I say let's wholeheartedly support them and make sure no one goes hungry. It's just the right thing to do.

In a food exporting province, that scenario is a bit ironic. But it's not the supply that is wanting, it's the affordability that seems to be the problem. There is no doubt that food has become much more expensive.

However, while we are feeding the needy, it's important that we look at the way family or individual budgets are not meeting the nutritional requirements.

Genuine shortages of money may be the problem but it's not the whole answer. Let's take a look at how these tough situations can be made better. Maybe "tough situation" is a wrong description, perhaps tough decisions might be a better response. Making financial decisions can be tough, but maybe not as tough as we think.

I believe there are a lot of kids' situations that could be improved by families spending money a bit smarter. How many cups of take-out coffee are being bought, or take-out food for that matter? Is the grocery cart loaded with good food and ingredients to make good food? I truly hope that grocery carts for homes that need to have their kids fed by school programs and food banks,



don't have bags of dog and cat food in them. Hopefully, there aren't cases of bottled water, pop, cigarettes and alcohol in the shopping cart either. In addition, take a walk up and down the store shelves and make a list of what we can really use and it will likely be a lot shorter list than what is available.

While sitting around the kitchen table and pondering how to afford more and better food, is there an expensive vacation bill among the various bills and payments due. Are there two car payments or one. Are the chosen vehicles fancier and decked out beyond family needs.

On a side note, one of my sons says that he won't take climate change people seriously until there's clothes line being used regularly in every backyard. Using a clothesline would save a significant amount of electricity.

But back to the food chain. As we read this column, there a literally tonnes of apples falling on the ground that are not being made into canned apples sauce, pie filling or juice. There are likely more vegetables being left to rot in the ground than what are being harvested.

In towns and cities across Canada there are hundreds of thousands of 5-7 pound packages of meat strutting around our parks, lakes and fields.

They are called Canada Geese and it certainly can't be argued that we are short of Canada Geese.

The same could be said about white-tail deer. Autopac could save some collision money by putting a bounty on harvested deer if they are delivered to a food bank.

Not everybody can or should raise chickens but it can be done and is being done by many families. Too bad small towns won't let families have half a dozen laying hens. Oh, sorry, chickens smell bad.

If families could get rid of unproductive debt, there would be more money for food purchases, food preparation and even food production

How about farm yards, huge lawns and parks. Many of us older farm people can remember when front yards and gardens were small fenced areas and the horses, cows, sheep and pigs grazed the areas around a farm yard where we now grow and mow acres of grass. Those wide expanses of grassy areas are pretty but totally unproductive.

So what's the point of all this? First, feed the kids, feed the poor, but for the sake of all of us in our communities let's look at more economical, practical and productive ways of saving money, producing food and increasing economic and food security in all our homes.



## The old outhouse...

The reality is that not many truly remember the regular use of an outdoor bathroom. I am truly feeling my age! There are those of you who recall the privy at the cottage, or one at a rest stop while traveling, but I'm thinking about the one that was used every day, many times a day, before indoor plumbing.

The descriptions of homes on the market these days often advertise two full baths, one and half bath at the more modest, right up to as many bathrooms as there are bedrooms. The full definition of privilege. I'm thinking about back when having a solid wooden structure in the back yard that had a door that could be latched-hook and eye or swivel block of wood- frequently a crescent shaped opening in the door, and a place to perch, fairly securely depending on the size of your bottom, and paper to finish up the procedure. A two seater, one hole child sized, was the deluxe model. My generation has countless tales to tell of outhouse adventures. Being locked in by a sibling, or a less than well thought out manoeuvre, being accompanied by flies and even worse, wasps, being scared to make the journey in the dark but it was summer and there was no other option!

Again, not even all of my generation lived with the outdoor biffy. Some of you were town kids. We have stories of outdoor toilets being tipped on Halloween, creating some smelly scenes. We recall the wonder of store bought toilet paper replacing torn up newspaper pages and the wonder of the soft green tissue used to wrap Christmas oranges as we called them. Always dreading them when one needed to resort to catalogue pages or smooth paper!

Couple of personal stories. I was under the age of eight, had just had mud bath and hair washed and I needed to use the bathroom, perhaps thirty yards from the house, near the tree line. As I was on my way, a swallow, protecting her nest, swooped down and used my head as her outhouse. Needless to say there were tears and shrieks of horror, and a repeat of the hair washing. One of my uncles was a rather strong willed gentleman-heck, a lot of them were! But this one decided one summer Saturday morning that, as was their custom, they (he and his wonderful wife) would be emptying the outhouse reservoir. He would be dipping and scooping and all she had to do was carry the buckets away, empty them and repeat the process. One problem, there was a wedding that afternoon that they were planning to attend. No problem for my uncle! They had time to get it done, bath and socialize. Did I mention it was a hot summer day? My aunt, bless her soul and spirit, complied, but all the bathing and additional fragrances could not completely mask the underlying odour. With that wonderful deep laugh of hers, she told, and retold that story for years.

So I have a three bedroom, one bath home, and every day I am thankful for the water running into the home, and out!

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# How can people not be skeptical of a government that refuses to hear any argument for adding an MRI now?

**Submitted**  
JEFF BEREZA, MLA

Whether you believe the current government has made progress on the healthcare file or not, it's worthwhile to note that fixing healthcare is something every party running in every election promises to do.

In the same way no one political governing party is responsible for breaking the healthcare system, no one party will be able to fix it. But there are certainly things that any governing party can and should do to, if not fix, at least improve healthcare for Manitobans. One of those things is to shorten wait times for surgeries and diagnostic tests.

We've all heard many stories about the wait time for knee and hip surgeries in Manitoba. There is no doubt that the people waiting on these surgeries are in severe pain that affects their quality of life and ability to function.

Then there are the wait times for diagnostic tests like MRIs.

Currently, over 24,000 Manitobans are waiting for an MRI.

An MRI can find tumors that may or may not be cancerous, and is very good at pinpointing certain cancers.

An MRI scan can also help diagnose strokes, aneurysms, spinal issues and other injuries.

Delays in obtaining an MRI can negatively impact a patient's treatment plan and affect long-term outcomes.

The Government of Ontario is adding 100,000 more MRI and CT scans per year for this very reason – the equivalent of over 10 MRI scanners. Early detection of cancers and other conditions not only saves lives, but also reduces greater pressure on the healthcare system down the road.

Why then, does the NDP government refuse to install an MRI scanner in the brand new, \$450 million, state of the art Regional Healthcare Facility currently under construction in Portage la Prairie?

The NDP will tell you the former PC government chose NOT to include an MRI in the plan based on the number of scans required in the area each year, but it is the NDP that continue to say no, even after hearing from 35 local doctors.

The problem is that Manitoba Health has no idea how many people miss their MRI appointments. We don't know

what the number is because it isn't tracked. But it is high enough that 35 local doctors have raised their concerns about their patients' missed appointments with Manitoba Health.

According to these physicians, patients miss their appointments for a variety of reasons. Some people don't have a driver's license or a vehicle. Others are afraid to drive in poor weather conditions. Still more don't have anyone willing to take them to their appointment, or if they do, they can't afford to pay for gas. And then there are those who simply want to access healthcare where they live, rather than many hours away.

The NDP need to listen to the doctors and the residents of Portage. Adding an MRI scanner to a brand-new facility, a proactive measure that will ensure more Manitobans can access healthcare close to home, simply makes sense.

Additional capacity created by the MRI could also be used by the thousands of patients who are able and waiting in Winnipeg, with a shorter drive than being sent to Brandon or Winkler for a test.

Then there is the fact that Manitoba Health wouldn't have to pay for the scanner, because the Portage District General Hospital Foundation has generously pledged \$5 million to fund it.

How can people not be skeptical of a government that refuses to hear any argument for adding an MRI now? A government who refuses to even meet with local doctors, citizens, funders, or the elected MLA to discuss this urgent information? A government that ignores a \$5 million-dollar donation that would eliminate the cost to taxpayers?

Was the former PC government wrong to not include an MRI? Maybe. But, the NDP have the benefit of hindsight,



PHOTO BY METRO CREATIVE

steadfastly refusing to change course in the face of new information is irresponsible. They may be listening, but are they hearing?

I would suggest the 24,562 Manitobans waiting on an MRI don't care about the politics surrounding a new MRI machine. They just want to receive their test in a timely manner. An MRI in the Portage la Prairie Regional Healthcare Facility isn't a win for the NDP or the PCs, but it would be a win for Manitobans.

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## HULI HULI CHICKEN

**Ingredients:**

- 6 lbs chicken all pieces
- 1 cup unsweetened pineapple juice
- 1/2 cup soy sauce
- 1/2 cup brown sugar
- 1/3 cup ketchup
- 1/4 cup sherry
- 2 tbsps fresh ginger, crushed
- 3 cloves garlic, crushed
- 4 green onions, chopped
- 1/4 tsp dry mustard

**Directions:**

- 1) Rinse chicken pieces and pat dry with paper towels. Combine pineapple juice, soy sauce, brown sugar, ketchup, sherry, ginger, garlic, green onions, and dry mustard in a large resealable plastic bag, stirring the marinade until brown sugar has dissolved. Place chicken pieces into the bag, squeeze out air, seal bag, and lomi (massage) bag to coat chicken with marinade. Refrigerate at least 4 hrs to overnight.
- 2) Move an oven rack 6" from heat source and preheat oven to 425°F.
- 3) Remove chicken from marinade and arrange chicken, skin sides up, on a broiler pan.
- 4) Bake chicken in preheated oven until browned on both sides and the juices run clear, turning every 10 mins, 30 to 45 mins. Baste with remaining marinade after each turning. An instant-read meat thermometer inserted into the thickest piece of chicken, not touching bone, should read at least 160°F.



# Row, row, row your boat, all around the lake

## No motors allowed – Paddle boat derby



Argh Matey! Adding extra fun to the Paddle Derby.



Paddling to the next dock for another roll of the dice in the derby.

By Jessica Coulter  
RIVERS BANNER

A lot of fun was had at the Friends of Rivers Lake Paddle Derby on Sunday, September 1. All boats were to be paddled only around the lake and no motors allowed. This is a fantastic way that the Friends of Rivers Lake

has used to encourage fitness in its community.

Registration for the derby was at both the Daly Beach and Rivers Provincial Park at 11:30am to 1:30pm. The Derby ran from 12pm to 3pm.

They sold 41 hands. The first ten people to get three of a kind were awarded Cj's \$10.00 gift

cards. The first place winner of \$105.00 was Donna Falkevitch with a total of 119 points. Second place winner of \$60.00 went to Rhoda Canning with 111 points. Low hand of 67 points paid \$40.00 and was won by Gary Pomeroy.

Friends of Rivers Lake would like to thank

everyone who participated or bought silent hands and to thank all the volunteers that helped at each station. FRL raised \$205.00 which will be used to make the lake a better place to be. They look forward to more derby's next year.

# 5 fun facts about the month of September

Submitted  
BY METRO CREATIVE

September marks a return to the norm for millions of households. School is back in session, summer vacation season has ended and fall begins. Routines take shape and life once again becomes more structured in September. As that transition takes place, individuals can consider these fun facts about the month of September.

1. Though Latin is no longer widely spoken or taught, plenty of words, including September, trace their origins to the language of ancient Rome and its empire. "Septem" is the Latin word for "seven," and September was originally the seventh month of the Roman calendar.

2. Though the autumnal equinox, which marks the official beginning of fall, does not occur until later in the month, the unofficial end to summer occurs in the first weekend of September. Americans celebrate Labor Day and Canadians celebrate Labour Day on the first Monday in September, and millions of people in both countries consider that weekend the last hurrah for summer relaxation and revelry.

3. Labor Day is not the only holiday to be celebrated in September. In fact, Rosh Hashanah, a Jewish holiday that is often referred to as the "Jewish New Year," also is celebrated in September in many years (the holiday occurs 163 days after the first day of Passover, so in certain years it is celebrated in early October). The Jewish holiday of Yom Kippur also can be celebrated in September or October, and Constitution Day, which commemorates the adoption of the United States constitution in 1787, is celebrated on September 17. Patriot Day also occurs annually on September 11 and is a day to remember the people killed in the terrorist attacks on the United States on September 11, 2001.

4. Though its name might suggest otherwise, Ok-



PHOTO BY METRO CREATIVE

toberfest actually begins in late September. Modern Oktoberfest celebrations, particularly those outside the Bavaria region of Germany, may have little to do with a marriage, but the festival traces its origins to the marriage of Kronprinz Ludwig to Princess Therese of Saxe-Hildburghausen on October 12, 1810. Citizens of Munich were invited to attend the festivities, and more than two centuries later that jovial atmosphere dominates the city, and countless others across the globe, during Oktoberfest.

5. Football fans circle the month of September

on their calendars, as the month marks the return of the National Football League regular season. The reigning champion Kansas City Chiefs will host the Detroit Lions in the NFL Kickoff Game on September 7, and the rest of the league will take to the gridiron on September 10 and 11. That's a big deal for millions of fans across the country, as the NFL remains wildly popular. In fact, an analysis by the Sports Business Journal found that per-game attendance averaged 69,442 fans in 2022, which marked the second-largest figure in 19 years.

# Rivers Dirt Rodeo Hare Scramble

*Fresh Locally Grown Veggies*  
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 Wednesdays 5 - 6:30 in Rivers  
 Order Online:  
[brownsugarproduce.com](http://brownsugarproduce.com)

continued from page 1

The MDR scoring system is Moto Tally. Riders and their support crews arrived early and set up camp for the weekend. Helmet scans had to be completed by each rider before they were allowed to race. Saturday's races had 180 riders. On Sunday, for points races, 189 competitors entered. Most of the riders come from Manitoba. This weekend also saw racers drive all the way out from USA, Ontario and Saskatchewan.

The AA class winner was Teagan Reimer with a time of 28:17 fastest lap out of 5 laps on Sunday. The fastest peewee rider was Luke Bondnariuk with the fastest lap of 8:23 out of 6 laps on a different course.

There are four race times on Saturday for fun, Beginners at 1pm, Peewee at 2:15pm, Intermediate at 3pm, and Pros at 5pm. Beginners, Peewee and Intermediate will ride for half an hour, and Pros for an hour. There are four race times on Sunday for points, Beginners at 8:30am, Peewee at 9:45am, Intermediate at 11am, and Pros at 1pm. Beginners, Peewee and Intermediate will ride for an hour, and Pros for two hours.

"I could go on and on about this club and what it means. You can't explain in words what these people do for each other to make this possible. To watch two men or women, even the kids, be complete strangers, fixing bikes, campers and whatever breaks, setting up camp spots, to sitting around the fire, giving riding tips," Paul Swiscoski, MDR Board President, "Then line up beside each other, fist bump, "10 SECONDS" (my trade mark! lol), then compete for 1-2 hrs, respectfully and full of sportsmanship, to then finish, laugh and then congratulate each other at the finish line. It's a camaradery that can't be explained."

Geezer, a local cover band, came to entertain the riders after the races were completed on Sunday night to conclude an extremely fun long weekend.

"The Manitoba Dirt Riders community is a true family atmosphere," says Swiscoski, "Manitoba Dirt Riders was formed by a dedicated group of volunteers who identified a need within the off-road riding / racing community, their vision was to create a grassroots organization where their children and family could safely participate in competitive dirt bike racing that ensured safe, fair and family oriented fun."

For safety, first aid stations are found along the trails and volunteer riders called Sweepers are out on the trails keeping watch and making sure everyone is staying safe. There's a minimum of four Sweepers per race. More Sweepers are always encouraged to help keep riders safe.

MDR is a board governed non-profit corporation dedicated to ensuring sustained off-road riding in a family-based atmosphere. Through respect, teamwork, and dedication it is our hope to give a unified voice to off road riders in the province of Manitoba.

Last races of the season are set for Sept. 28 and 29 at Cypress Snakes and Ladders River Run.



PHOTOS BY JESSICA COULTER

The racers are lining up at the starting line for the final race of the weekend on September 1.



Rider #5 Teagan Reimer of Ninette, MB completed 5 laps and came in first in the AA Class.



Rider #186 Benjamin Wiebe of Beausejour, MB quickly spots the low branch on the Rivers Dirt Rodeo track. One of the many obstacles to watch for.



Rider #666 Austin Leclaire of West St Paul, MB came in first in the Open A Class on both Saturday and Sunday.

# Storing Tender Summer Bulbs

Submitted

By PATRICIA HANBIDGE

August in the garden is truly spectacular. If you are a lover of tender or summer flowering bulbs, then you can join me in the bittersweet joy of August. Along with all the other showy annuals we may have growing it is the exotic plants that are show stopping at this time of year. Unfortunately, we are already starting to see the temperatures drop overnight to single digits, and it is with a heavy heart that I accept that autumn is just around the corner.

These tender summer flowering bulbs are native to the tropical and sub-tropical regions and thus need some special care as autumn approaches. Tender bulbs are those plants that have fleshy storage structures (bulbs, corms, tubers and roots) which will meet their demise over winter if they are not brought indoors out of the extremely cold winter temperatures. It is important to dig up these structures and bring them into a warmer area for storage throughout the winter.

For most of the plants that we may grow it is best that they be lifted after the foliage is killed by frost or have dried up. However, if we get really cold temperatures with our first frost then it is important to dig them before the mercury dips in order to preserve the integrity of the bulb. Dig the bulb structures carefully to ensure that they are not damaged. Loosen the soil on all sides of the plant before lifting the clump of roots and soil without damage. Cuts or other damage will allow disease organisms to enter which is not advisable for good storage.

Most bulbs are best dried with the soil still adhered but if you are storing dahlia or canna bulbs it is advisable to gently wash the soil away from the root tissue. Gladiolas are a special condition in that they should not be washed but allowed to dry thoroughly before gently removing any soil that is adhering.

Most bulbs will need a curing period before storage. Begonias, dahlias, cannas, callas and caladium need a short period of drying for one to three days in a room that is away from direct sunlight and winds that are drying. Gladiolas and oxalis will need about three weeks of drying at just under room temperature in a dry but well ventilated area. Ensure you examine all tissues and those that are infested or soft should likely be discarded.

It is important to label all stored plant material to ensure there is no confusion in spring. I personally like using paper bags for storage as labels are easily written on the outside. Throughout the storage period, check regularly for any rotting or other damage.

Acidanthera spp. is a corm and should be stored at around 35 to 40 degrees Fahrenheit (1.6 to 4.4 C)

Begonia x tuberhybrida is a tuberous root and should be stored at about 50 degrees F (10 C). Store in sphagnum peat moss or vermiculite.

Caladium bicolor is a tuber and should be stored at about 50 degrees F (10 C). Cure with remaining foliage and store in peat or vermiculite.

Zantedeschia spp. or Calla Lily is a rhizome and should be stored at about 50 degrees F (10 C). If possible let foliage dry off a few days before digging. Store in sphagnum, peat or vermiculite

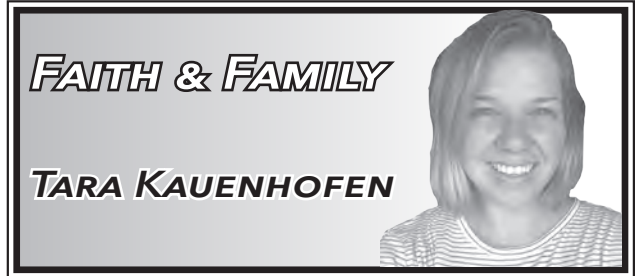
Canna x generalis is a rhizome and should be stored between 40 and 50 degrees F (4.4 to 10 C). Dig after frost has damaged the foliage and the plant has dried

a few days after digging.

Dahlia hybrids are a tuberous root and should be stored between 40 and 50 degrees F (4.4 to 10 C). Cure in high humidity and pack roots in sphagnum to avoid desiccation.

Gladiolus hybrids are a corm and should be stored between 35 and 40 degrees F (1.6 to 4.4 C). Cure 2 to 3 weeks prior to storage.

Hanbidge is the Lead Horticulturist with Orchid Horticulture. Find us at [www.orchidhort.com](http://www.orchidhort.com); by email at [info@orchidhort.com](mailto:info@orchidhort.com); on facebook @orchidhort and on instagram at #orchidhort. Find us on our Facebook page <https://www.facebook.com/orchidhort> or check out the Youtube channel GROW <https://www.youtube.com/channel/UCzkiUpkvvyv2e2HCQIF10JyQ?>



“Wow! Four boys! You have your hands FULL”, something I hear almost every time I am in public, their faces a mix of fascination and shock! Sometimes there is pity in the mix, sometimes there is joy and happiness for me; and other times yet; My personal favourite. people ask if we had them all just to get a girl. So I muster up a smile and try to come up with a polite response that will satiate their curiosity about this one moment of my life.

So much of which they don't see and never will. This is the iceberg effect.

People see you starting something new that you've never talked about before and are shocked and think you're a completely different person than you were before, or see you road raging in your vehicle and think you're unkind, they see you lose your cool on your kids and think you're a bad parent, or they see you with your four boys and wonder if you know how they are made and if you had that many simply to keep trying for a different gender. But what they don't see is the hundreds of feet below the surface of the iceberg of your life. They don't see that the choice you didn't share until you made it, took countless months, prayers cried out, worrying and wondering and waiting for God to show you the right path for your family, they don't see that maybe you just got off a phone call where you found out your loved one isn't coming home from the hospital before you started driving and were angry, they don't see that you're spouse works 2 weeks on and 2 weeks off and you've been a single parent for two weeks and you are at the end of your rope with your fighting kids, they don't see that you've found out the gender of every baby you've had with brief moments of disappointment only to realise you can't imagine your life with anything but boys and are blessed beyond measure to have them.

We see one moment. We see a wave crashing over the surface that is the iceberg of someones life and We make a snap judgement based on that one wave. Without knowing the depth of the situation, the weight and strength of the undercurrents of life, threatening to pull us deeper.

We. see. One. moment.

I want to challenge you with this.

The next time you see someone's 'wave' crash, Remember all the below the surface experiences YOU have tread water through to get where you are, and choose in that moment to give grace upon grace as Jesus gave us.



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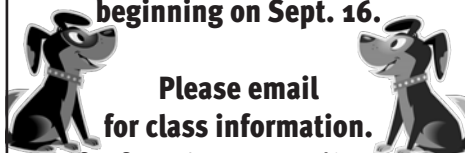
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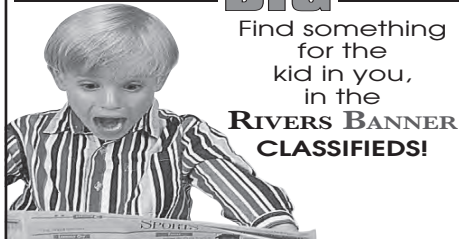
### DOG TRAINING CLASSES at the Ag Centre in Minnedosa beginning on Sept. 16.



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# Rivers gals show their stuff



PHOTO BY JESSICA COULTER

Candace Pynn, and her mother Alysha Pynn, are Show 'N' Shiners, most recently showing their truck at the Rivers Road Rally. Candace, 20, is a homcare professional who turns to body work, automotive that is, in her spare time. These Rivers women have been modifying vehicles for about three years now, doing the body work and body wrap themselves. Candace's Realtree camo truck is a Chevy Tahoe riding on 35-inch tires.

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# SPORTS

## AREA TRIO HELP WEST GREEN TO RUGBY GOLD

By Robin Wark  
RIVERS BANNER

Three area female rugby players helped Team West Green claim the gold medals at the 2024 Manitoba Summer Games.

Rivers' Madi Vandal and the Oak River duo of Karas Munz and Elle McLean all contributed to the team's success. The squad went undefeated at the prestigious multi-sport event that was held Aug. 11-17 in Dauphin.

"Winning the gold medal at the Manitoba Games was a big achievement for me and my team," Vandal said. "Even though we have only played together for a short season, the games brought us closer together and led us to win the gold."

West Green was 4-0 in the round robin. It defeated West Orange, 15-0, in the semifinals. In the championship game, West Green beat Winnipeg Gold, 15-12.

"We started playing on Thursday, the 15th and with every game we played the athlete's skills improved and the team played more and more as a unit, not individuals," head coach Kathleen Muirhead said. "It is not very often that a team peaks just at the right time (finals on the 17th) in a tournament, but that is what these girls did.

In the final, they played their hearts out and remembered what to do in certain situations; they applied 'rugby smarts.' They never got flustered; they played some great rugby."

Vandal brought speed and rugby smarts to the team.

"Madi is fast and can make smart decisions while on the field," Muirhead said. "You run through different plays and options during a practice but it is another skill set to remember to use them in a game. Madi - even when exhausted - used her rugby smarts, and she made plays, big plays, when we needed them."

Vandal will be starting her fourth season of high school rugby. She said, "I have a lot of love for the sport, and the people that come with it. My friends and coaches contribute a lot to how much I love the game."

Munz was a leader for West Green.

"Karas is a work horse on the pitch," Muirhead said. "She leads by example, never seems to tire and she will push her teammates to go that extra minute or two when she knows everyone is gassed. Karas was our captain for these reasons."

McLean's craftiness made her an effective runner for her team.

"Elle has become the player that can change her running lines, which

can throw the defence off," her coach said. "She can find a hole in the defensive line, take it, and go for a run. Sevens rugby is so much about who will get the breakaway and score, so this is a great skill to have."

Muirhead pointed to a variety of factors that played into the team's success at the Summer Games.

"One is that we started training in May," Muirhead said. "Another is that all the athletes we had were so great to work with and very coachable. Commitment from the athletes was fantastic. Attitude was positive and the girls were there to learn some new rugby skills, improve on some skills and to enjoy themselves."

"Sarah-Jane Spears coached with me and, between the two of us, we kept things positive, made sure the girls knew to work hard, be committed to the program, have fun and when all of this falls into place kids just keep loving the game and want to do well."

Muirhead said the staff wanted the athletes to build on previous skills that they had and to promote the game of sevens rugby. She said, "The Summer Games were



SUBMITTED PHOTO

Rivers' Madi Vandal and the Oak River duo of Karas Munz and Elle McLean win gold.

a perfect lead into the work, which begins in September, for the Can-

ada Summer Games. Manitoba will be sending a Women's U18 team

to the games in St. John's (Newfoundland and Labrador)."

## SUMMER GAMES: AREA ATHLETES BATTLE PROVINCE'S BEST

By Robin Wark  
RIVERS BANNER

Rivers' Bekah Smith was one of the young athletes competing against the province's best in the 2024 Manitoba Summer Games.

The prestigious, Olympic-style multisport event took place Aug. 11-17 in Dauphin. About 1,500 athletes competed in 12 different sports. In athletics, Smith placed fifth in standing long jump. She was eighth in the 800-metre run.

"Bekah seems excited for a future in track and

field," coach Jason Jones said. "Bekah worked hard and I hope to see her be successful at future track meets. Bekah is a positive thinker and great teammate."

### Soccer

Rivers' Nia Stewart played for the West 1 soccer team. The squad finished seventh. Stewart was a striker.

"Nia can visualize the game around her," head coach Yvonne Rempel said. "She knows where to be, and where to go so that the play continues. She has great ball handling skills and is not afraid to dig in when needed."

### Cycling

Aidan Carter from Rivers competed in cycling. He was sixth in the cross country mountain bike and 10th in short track mountain bike events.

"Aidan has an absolute thirst to be a better rider," coach Denis Saquet said. "When someone enjoys a sport to the degree Aidan does being a coach is an easy job. Your athlete will listen and retain information you give them. The fact he rides his bike every day helps tremendously."

Laura Neely-Carter was a manager for the cycling team.

# Crop dusting to assist in ending this harvest season



PHOTO BY JESSICA COULTER

End of season crop dusting is well under way. A final spray of pre-harvest crop desiccation refers to the application of an agent to a crop just before harvest to kill the leaves and/or plants so that the crop dries out from environmental conditions, or "dry-down", more quickly and evenly. This will maximize the yield from the field.

SUN	MON	TUE	WED	THU	FRI	SAT
<h2>COMMUNITY CALENDAR</h2>					Sep 6	7 Oak Lake Harvest Festival  Rivers Ryder Cup Golf Tournament 
					8	9
			50 + Club Tile Rummy 1pm 	Crib Night Rivers Legion 7pm 		 THANKS a Grillon! Rivers and District Chamber of Commerce FREE BBQ 11a - 2p
15	16	17	50 + Club Tile Rummy 1pm 	Crib Night Rivers Legion 7pm 	20 <b>MEET THE TEACHERS SPECIAL NEWSPAPER FEATURE</b>	21 Rivers United Church Carnival 7-9pm  Cowboy ride Lucky Break Ranch  Rivers Mens Golf Tournament

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# Celebrating National Trucking Week



PHOTO BY DIANE WARNER

Canada moves by truck- that's why National Trucking Week is held each year to recognize those who work in the trucking industry. Whether it's fuel, groceries, equipment, or another of the many products found in day to day life and the nation's many professions, there's likely a trucker out there who got it to its destination!

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# National Trucking Week - Sept. 1 to 7, 2024

## Highlights of the semi-truck transportation industry



PHOTO BY DIANE WARNER

Long haul or short haul, drivers across Canada are likely to see a semi- or several- on their daily travels.

**By Casper Wehrhahn**  
NEEPAWA BANNER & PRESS

Semi-trucks are a very common sight on the roadways. However, some may not know how much of an impact the trucking industry has on their day to day lives, or the industry's impact on the province as a whole.

The following details are facts culminated from the Manitoba Trucking Association, which help to paint the picture. Some are from a Manitoba-based perspective, while others provide a look at the industry on a national level.

For starters, five of Canada's top 50 carriers are based in Manitoba. There are also approximately 475 for-hire trucking companies headquartered in Manitoba!

It has been stated before that much of the province moves by truck. But how much? According to the Manitoba Trucking Association, a whopping 95 per cent of goods within Manitoba depends on trucks!

On an economical level, for-hire trucking directly and indirectly contributes more than \$2 billion to Manitoba's GDP (gross domestic product). The for-hire trucking carriers themselves have a total gross expenditure impact on Canada as a whole of more than \$3.07 billion.

With a massive demand for trucking services, the trucking industry directly and indirectly employs approximately 4.6 per cent of the Manitoba labour force.

In conjunction with

this, did you know that the Manitoba trucking industry operates more than 15,000 power units and 20,000 trailers? Or that Manitoba makes up three per cent of the Canadian population while the Manitoba trucking industry equals out to 5.1 per cent of the Canadian industry?

On a national scale, over 268,000 Canadians are truck drivers, which makes it one of the top occupations in the country!

According to figures collected by the Manitoba Trucking Association, for every 10 jobs created in the trucking industry, seven jobs are created elsewhere. For example, suppliers, service industries and road departments.

A typical tractor-trailer

also raises about \$45,000 a year in federal/provincial taxes and fees.

When it comes to travel, approximately 400,000 commercial trucks cross the Manitoba-U.S.A. border each year. Additionally, \$8.87 billion of Manitoba's exports are to the U.S.A., while \$12.46 billion of the province's imports come from the U.S.A.

A total of 80 per cent of Manitoba's merchandise trade with the U.S.A. is shipped by truck. On a national scale, Canada and the U.S.A. trade \$662 billion in goods and services every year, with more than 75 per cent of the goods and services moving by truck.

To learn more about the Manitoba Trucking Association, visit [trucking.mb.ca](http://trucking.mb.ca).

National Trucking Week has a long history in Canada. This annual event has been taking place since approximately the 1990s and was launched by the Canadian Trucking Association in conjunction with provincial associations.

This week long celebration begins on the first Sunday of September until the Saturday of the following weekend with the purpose of recognizing the contributions made by the approximately 400,000 individuals who keep Canada's freight moving.

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Keep reading to learn more about the industry!

# National Trucking Week - Sept. 1 to 7, 2024

## Acknowledgements and well wishes for National Trucking Week

**Jodie Byram**  
 Member of Legislative Assembly  
 Electoral District of Agassiz



In recognition of National Truckers Week, I wish to personally thank each one of you for the incredible dedication and hard work you demonstrate every day. Your tireless efforts ensure that our shelves are stocked, our goods are delivered, and our economy keeps moving forward. I deeply appreciate the long hours, challenging conditions, and sacrifices you each make to keep Manitoba running smoothly. You are the backbone of our province, and your commitment does not go unnoticed. Thank you for all that you do.



PHOTO BY DIANE WARNER

The trailer seen here is just one example from the many unique trailers Truckers use on their jobs. Trailers differ depending what best suits the materials or items being hauled.

**Greg Nesbitt**  
 Member of Legislative Assembly  
 Electoral District of  
 Riding Mountain



The robust trucking industry in Manitoba is one of our province's most important economic assets, and this sector is poised to become stronger.

With advantages including its position at the geographic centre of North America and Winnipeg's CentrePort Canada that stands as the continent's largest inland port, truck transportation in Manitoba has the greatest share of total employment compared to all provinces in the country.

In 2021, approximately 41,200 people worked in transportation and warehousing in Manitoba, an increase of 2,000 from a year earlier and amounting to six per cent of the province's total employment. Within this logistics sector, truck transportation is the largest employer with 18,400 people, amounting to 45 per cent of all workers in the industry as of that year.

As well, according to Trucknews.com, four of Canada's top 100 for-hire trucking firms are in Manitoba, including the third-largest company, Bison Transport.

The sector's strength is seen on another economic level, too. The contribution of transportation and distribution to Manitoba's GDP is \$6.8 billion or approximately 10 per cent, the highest proportion in the nation.

The trucking industry in Manitoba has further advantages. In addition to CentrePort Canada's status as the only inland trimodal port in Canada providing foreign trade zone benefits, Manitoba has rail access to all four gateways in North America and one of the country's busiest air cargo facilities. The Emerson-Pembina border crossing is the fourth-largest Canada-U.S. border crossing measured by the dollar value of trade in both directions, and the largest in Western Canada. Winnipeg is one of two cities in Western Canada with access to three Class 1 railway companies.

Though Manitoba is a globally recognized trade and transportation hub, the trucking sector in our province is facing challenges through labour shortages and infrastructure concerns. It's up to the provincial government to work with the industry to harness Manitoba's advantages with investments that improve our highway system, enhance trade corridors, strengthen supply chains and attract drivers and other workers through training opportunities. This action is needed to support the sector and maintain its momentum in the interests of our economy and to deliver prosperity to Manitobans.

**Grant Jackson**  
 Member of Legislative Assembly  
 Electoral District of  
 Spruce Woods



Manitoba's reputation as an international hub for transportation and trade hinges in large part on the strength of its trucking industry. And the current power of trucking here as an economic driver is seen in Manitoba's share of truck transportation employment, which is higher than that of all other provinces.

Four of Canada's top 100 for-hire trucking companies are based in Manitoba and CentrePort Canada in Winnipeg is North America's largest inland port. Our province's location at the heart of North America, as well as the Port of Churchill, provide competitive advantages in attracting investments from around the world. But to capitalize on these advantages, maintain this global recognition and keep its trucking sector humming, Manitoba must commit to improving its transportation infrastructure. The roads that most Manitobans want smooth and safe for comfort and convenience are the same ones that carry the key elements of our economy, and every related infrastructure investment creates more opportunities for people across the province.

Strategic infrastructure was a priority for the previous Manitoba government, whose long-range plan included an annual investment of at least \$500 million to improve provincial highways. This was a commitment to stable and predictable investment that would assist industry partners by developing national trade corridors and prioritize the efficiency and safety of Manitoba's critical trade routes, including with an upgrade of Winnipeg's Perimeter Highway to freeway status based on the U.S. Interstate model.

At stake is Manitoba's continued capacity for international trade amidst economic uncertainties stemming from rising inflation and supply chain disruptions. The provincial government owes it to Manitobans to talk to the trucking sector about its needs and concerns, and to combine our advantages with investments that secure Manitoba's status as a global trade destination. The trucking industry deserves our thanks and support for keeping our economy moving and the products we need on our shelves.

Listen, act and get the job done. For Manitoba's trucking industry and our economy, a lot is riding on it.

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# National Trucking Week - Sept. 1 to 7, 2024

## Manitoba trucking guide for entrepreneurs

By Joel Asselstine  
SUBMITTED

*Author's note: First off, I would like to acknowledge that I am by no means a trucker. The information below is a summarization of articles from Manitoba Trucking Association, Province of Manitoba—Gov.mb.ca and other like organizations.*

Starting a trucking business in Manitoba can be an enticing opportunity for the entrepreneur but they should be prepared for the unique challenges and initial costs associated with launching their own company in a region like Manitoba that features a diverse landscape and a variety of freight demands.

The speed bumps of starting a trucking business in Manitoba

Establishing a trucking operation in Manitoba requires planning and understanding

From my research here are six key things you

should plan for:

**1. Crafting a Solid Business Plan:** Business plan outlining service offerings, target markets, revenue projections, and expense management is crucial. In Manitoba's trucking sector, the competition is fierce but opportunities abound—especially with the rich agricultural and resource sectors

**2. Navigating Licensing and Permits:** Manitoba trucking entrepreneurs must acquire essential licenses and permits from provincial and federal authorities. Key requirements include an Operating Authority (MC Number), and compliance with the Manitoba Highway Traffic Act. The provincial government also has specific requirements for hazardous materials and specialized freight.

**3. Securing Adequate**

**Insurance:** Insurance is non-negotiable in the trucking business. Manitoban operators must invest in liability, cargo, and potentially workers' compensation insurance, with annual costs typically ranging from \$10,000 to \$20,000 or more, depending on coverage types and the scale of operations.

**4. Attracting Customers:** Building a client base in a competitive landscape poses a significant challenge. Manitoba's trucking industry heavily relies on relationships with local industries, including agriculture, manufacturing, and mining. Effective networking through industry associations, such as the Manitoba Trucking Association, can provide vital leads and contracts.

**5. Understanding Financing Options:** Access to financing can be crucial in a province where capital investment is significant.

Manitoba entrepreneurs often rely on banks, credit unions, or government grants specifically targeting small businesses in the transportation sector.

**6. Keeping Up with Compliance:** Maintaining records and ensuring compliance with the Manitoba Transportation and Government Services is vital. Many new operators may consider hiring a compliance consultant or accountant familiar with provincial regulations and industry standards.

You've done your research, but how much does it cost to start a trucking business in Manitoba

Starting a trucking venture in Manitoba involves significant expenses that potential owners should carefully consider:

### Equipment Costs

New semi-trucks can range from \$150,000 to \$200,000 or more, de-

pending on specifications and features tailored for Manitoba's diverse climate.

Used trucks can provide a more budget-friendly option, costing between \$30,000 to \$100,000, depending on age, condition, and mileage.

### Insurance

A budget of \$10,000 to \$20,000 annually for necessary insurance coverage is advisable for Manitoban operators who want to ensure they are fully protected.

### Licensing and Permits

Initial fees for obtaining essential licenses and permits may total between \$5,000 and \$10,000, taking into account specific requirements.

### Ongoing Operating Costs

Factors like fuel prices, which can fluctuate, based on market conditions,

along with maintenance and tolls, can accumulate. It's practical to budget several thousand dollars for operational sustainability, particularly given Manitoba's long-haul routes.

### Legal Fees

Registering a business name and navigating legal registrations could cost between \$500 and \$1,500, depending on the chosen structure.

Starting a trucking business in Manitoba presents a mixture of rewarding opportunities and notable challenges. A well-thought-out business strategy that considers local market dynamics, regulatory requirements, and cost management can pave the way for success. With the right preparation, aspiring truck operators can thrive in Manitoba's dynamic transportation landscape and contribute to the vital supply chain that keeps the province moving forward.

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A thank you to all of those in the trucking industry for all that you do: National Trucking Week



# National Trucking Week - Sept. 1 to 7, 2024

## Trucking: The backbone of our economy



Canada's professional truck drivers are the unsung heroes of the national economy. By delivering the critical goods and products Canadians rely on, these truck operators support the backbone of our social infrastructure. While they deserve our appreciation all year-round, National Trucking Week is where the industry, the public and elected officials can express their gratitude to those who keep Canada moving.

National Trucking Week was started by the Canadian Trucking Alliance in the 1990s as a way to embrace the industry and spotlight the contributions of the hundreds of thousands of people in the industry who keep the country's freight moving, 24 hours a day, seven days a week.

PHOTOS BY DIANE WARNER

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# National Trucking Week - Sept. 1 to 7, 2024

## What has 100% approval in our government for two years but isn't law?

By Joel Asselstine  
SUBMITTED

What has Summa Strategies, Lenova, Honda, Entertainment Software Canada, Associated Equipment Dealers, Medtech, John Deere and the CCGA (Canadian Canola Growers Association) have in common?

Lobbying the government on Bill C-244

Last Year, for Trucking Week, I did an article on the Proposed amendments of the Copy Right Act that will allow more freedom for consumers to repair their own equipment and vehicles.

Here is a very short recap

Bill C-244, introduced by the Canadian government, addresses consumer concerns regarding the right to repair various products, including electronics, appliances, and vehicles. The bill aims to empower consumers, particularly truck owners, by granting

them the ability to repair their vehicles independently or through local repair shops, rather than relying solely on authorized dealerships.

This initiative not only fosters greater flexibility and potentially lowers repair costs but also promotes sustainability by reducing the need for new products, encouraging durable product design, and supporting local repair businesses. Case studies from the farming industry and independent repair shops illustrate the positive impact of embracing the right to repair.

Since that article, Bill C-244 has been voted on twice both times with 100 per cent approval bringing the 100 per cent approval to three times, I would like to share the words from Ted Falk "Mr. Speaker, it is an honour for me to rise in the House today to speak to this legislation, Bill C-244. This is a good day. It is not a super common day in the

House that all parties come together and, for the most part, agree on the generality or principles of a bill, but I think this happens to be one of those days. That is where Canadians are, and we are here to serve Canadians and to be their voice in getting things done.

— October 3rd 2022.

BUT since then it has been stuck in limbo due to the active lobbyist. This turns instead of a simple amendment, (a) in respect of a technological protection measure within the meaning of paragraph (a) of the definition technological protection measure, to descramble a scrambled work or computer program, or decrypt an encrypted work or computer program or to otherwise avoid, bypass, remove, deactivate or impair the technological protection measure, unless it is done with the authority of the copyright owner

To multiple case studies

(which have already been done), Multiple reviews to the ethics of the bill (This has already been done)

The number one statement I see from the lobbyist is quality control. If we allow anybody to repair, modify, or remove components of the product it can be hazardous to the product or to owner. Hence why there was an amendment stating the following

41.121 (1) Paragraph 41.1(1)(a) does not apply to a person who circumvents

a technological protection measure for the sole purpose of maintaining or repairing a product, including any related diagnosing, if the work, performer's performance fixed in a sound recording or sound recording to which the technological protection measure controls access forms a part of the product.

For greater certainty

(2) For greater certainty, subsection (1) applies to a person who circumvents a technological protection measure in the circum-

stances referred to in that subsection for another person.

Non-application

(3) A person acting in the circumstances referred to in subsection (1) is not entitled to benefit from the exception under that subsection if the person does an act that constitutes an infringement of copyright.

It is with great hope that when parliament starts up again on September 16 that we will finally have the right to fix what we buy.



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# National Trucking Week - Sept. 1 to 7, 2024

## How to support the unsung heros of long haul trucking

By Joel Asselstine  
SUBMITTED

Across the nation, highways stretch for thousands of miles, with long-haul truckers traversing the vast landscape to deliver everything from food to fuel. While these unsung heroes keep the economy moving, a silent crisis is brewing—one that continues to affect their mental health and overall well-being.

Long-haul trucking has long been associated with high stress, isolation, and a demanding lifestyle. A recent study by the National Institute for Occupational Safety and Health (NIOSH) has illuminated the mental health challenges faced by truck drivers, revealing alarming rates of anxiety, depression, and substance abuse among drivers.

### Isolation

The nature of the job often requires drivers to spend weeks away from home, leading to feelings of isolation and loneliness. According to the American Trucking Associations, about 70 per cent of truckers report feeling a sense of separation from their families and communities. This disconnection can breed anxiety and depression.

Many drivers do not have a support system in place while on the road, The long hours, limited human contact, create a perfect storm for mental health issues.

### Substance use

The pressures have driven some long-haul truckers to

seek alcohol, prescription drugs, or illicit substances for solace. An estimated 25 per cent of truckers have reported using substances to manage their stress and fatigue. This can lead to a dangerous cycle, impairing judgment and increasing the risk of accidents on the road.

Many fear losing their jobs or being seen as weak if they admit they are struggling.

### Slowly improving support systems

As awareness of the mental health crisis among truckers grows, some companies and organizations are beginning to implement measures to support their drivers. Mental health hotlines, access to counselling services, and peer support programs are being introduced to provide a lifeline for those in need.

In a ground-breaking move, several major trucking companies have started to integrate mental health screenings into their wellness programs, recognizing the importance of mental health in promoting safety and productivity. These initiatives aim to create a culture where drivers feel safe discussing their mental health without fear of repercussions.

### The road ahead

Experts argue that while increased support is essential, systemic changes are necessary to tackle the root causes of mental health issues in the trucking industry. Factors such as unrealistic delivery schedules, inadequate rest facilities, and the lack of mental health resources at truck stops contribute to the challenges drivers face.

Advocates are calling for industry-wide reforms, including improved working conditions, better pay, and a focus on driver well-being as a priority. "We need to change the narrative around trucking," said Decker. "These drivers are not just cogs in the machine; they are human beings who deserve support and understanding."

As the nation continues to rely on long-haul truckers to deliver goods, it is crucial to address the mental health crisis within this workforce.

Only by prioritizing mental well-being can we ensure a healthier future for those who keep our economy moving forward.

### The first step is reaching out

If you or a loved one is struggling, whether or not they are driving a truck, call Manitoba's 2-1-1 and they will help you find local assistance.

You are not alone, as a nation that has created its identity for braving harsh weather together, taking

inhospitable lands and building thriving cities and businesses, the next frontier is not outward bound, but inward. Check in on your friends and family. Staying safe on the roads starts with you.

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