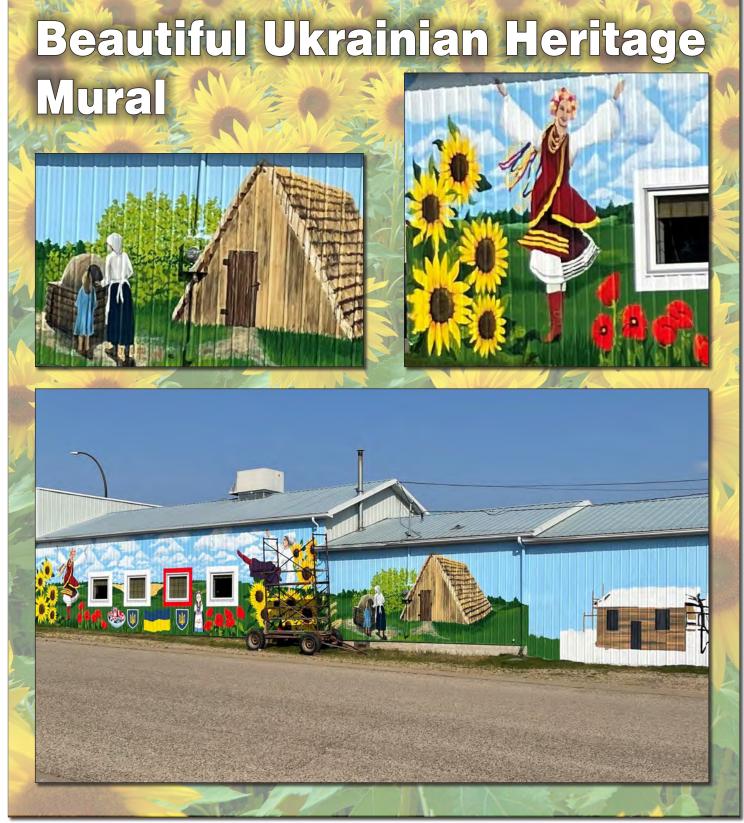








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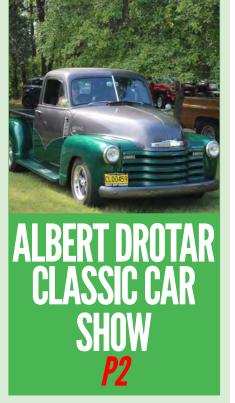
## Submitted By Donna Morken

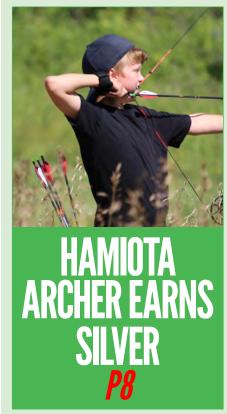
The Train Station Committee received a grant last year to work on two heritage murals. One will be completed

this year and another one next year.

The one this year is a nod to the Ukrainian settlers who came here and built the building as well as settling in the area. The artists are Mary and Erica Lowe from Harding

# Inside...





# **Albert Drotar Classic Car Show and Shine**



PHOTOS BY JESSICA COULTER

1954 Chev Truck owned by Ray Poole, President of the Oak Lake Cottage Association.



1938 Ford Truck owned by the White Brothers of Oak Lake.

By Jessica Coulter RIVERS BANNER

Teld at the Provincial Park Oak Lake Beach the Oak Lake Cottage Association (OLCA) hosted the fourth annual Albert Drotar Classic Car Show and Shine on August 25. In addition to the Car Show, there was a pie auction, a rainbow auction and a grand prize auction.

Seventy-one beautiful classic and sport vehicles came out to show off their style. All car owners names went into a draw to win two \$50 gift certificates.

All items in the pie auction, rainbow auction and the grand prize item were donated to the event by local businesses and members of the Oak Lake Cottage Association.

To entertain the guests of the event singer/songwriter Lyndon Bournon, originally from Bramshill, England, now living in Manitoba, sang oldies for the whole afternoon before and after the auction.

There were 58 pies/desserts entered in the auction. Association member Bob Thompson was the auctioneer for the pies. The most popular pies were Saskatoon and Sour Cream and Raisin. Some of these pies went for over \$100 each.

The OLCA are a member of the Manitoba Association of Cottage Owners (MACO). The MACO is an umbrella association of cottage, beach, ratepayers' groups and individuals in Manitoba. It is an incorporated, non-profit association run by volunteers. Its goal is to promote and advance the common interest of ratepayers in cottaging areas in Manitoba.

The fourteen members of the Association worked very hard to put this event together.

In years past, the funds raised were for floating fountains. This year the funds from the event will be going towards the plans of a year-round community centre as more and more people are staying at Oak Lake Beach year-round.



# Veteran grave site markers project

Submitted
By Vaughn Wilson

Woodworth Legion Branch #118 in Kenton has embarked upon a project to provide branch member families of deceased Veterans the opportunity to honour them with Veteran grave site markers. Whether a marker is chosen to be placed at a grave site or in the garden it is a modest and uncomplicated way to indicate the service of a Veteran. The metal



silver plate has a red poppy in the middle bordered by maple leaves on two sides, is 3-1/4" by 4", comes mounted on an 11-1/2" metal spike and is Canadian made.

The Veteran markers may be seen and ordered from Woodworth Legion #118 for a donation of one's choice or a suggested donation of \$25.00 – 204 838 2307 (leave message) or to kentonlegion118@gmail.com. The veteran markers will also be available at the annual Legion Remembrance Day Service to see and order.



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# Woodworth Senior Services report for August

**Submitted** 

By Karen Anderson, Resource Coordinator

Well, there was no gradual change in the weather from the cool wet months of May and June to the summer temperatures of July where the weather was very hot and humid with some days of poor air quality due to the arrival of smoke from the forest fires west and north of here.

"Happy Graduation" to the class of 2024 graduates in our area.

The Lenore Beef club members held their club show on July 1 as well as the Interclub competition on July 2 at the Virden Ag grounds, followed by a sale later in the day.

It was a very hot week for the annual "Milk Run" of local fairs in the area. It starts in the third week of July, beginning in Oak River on Monday, then continues to Strathclair, Shoal Lake, Hamiota, Harding and finishes on Saturday at Oak Lake. Each fair has their own unique events and activities but all highlight their agricultural heritage. It is a credit to all the volunteers involved in all the fairs in the area that the tradition continues so that

the local residents and visitors can enjoy the summer agricultural fairs across the region.

The regular foot care clinics were held at the WSS office in Kenton with Tanis Boyd, June 5 with seven clients and on July 24 with nine clients. The next clinic will be around six weeks from this last one.

Thinking of all the residents who are in the hospital and also to those who recently had surgery. There have been several requests for our health aid equipment and we have received some donations to add to our stock.

We also have a handicap parking permit that can be borrowed temporarily.

Sincere sympathy to Ken Williams of Hamiota/Oak Lake and his family on the recent passing of his wife, Karen (Butler) Williams on July 24, at 68 years. Karen is mother of Kaylen Williams-Henry and Karla (Dustin) Blackwell; grandma of Cianna and Alyvia. Sympathy is also extended to her sister, Heather (George) McGhee family; and to other relatives and friends.

A closing thought - Soak up summer now and start to plan for the fall.

# FAITHFULLY YOURS NEIL STROHSCHEIN Words from the heart

nce again, I find myself at a loss for words. The sudden, tragic deaths of four people from the RM of McCreary has shocked local residents and friends from the wider community. As each day passes, and new details of the events leading up to this tragedy are released, we find ourselves asking two questions-why; and what now?

As I write these words, the investigation is on-going. We can be sure that the RCMP will conduct a thorough probe into the events preceding this tragedy. But they will never be able to answer some of our questions; because the voices of those who could give them the information they need were silenced forever when their lives ended. Their secrets are known only to God-and I, for one, am quite content to leave it that way.

The events of August 16 will be "yesterday's news" before long. The earthly remains of the victims will be laid to rest. Investigators will move on to their next case, followed by the news media with their cameras and note pads. And before long, life will return to "normal." But it won't be the same "normal" as it was; because it can't be.

This tragedy has touched us all. It has left us with emotional pain that will take months (maybe years) to heal. We are grateful for trauma teams and school counselors who will be on hand to help those judged to be in critical need. As for the rest of us, we must be and we will be ready to offer what assistance we can when called upon to do so.

In this column, I would like to address some words to two groups of people.

First-to the immediate families of the victims. We will respect your request for privacy. We will give you all the time you need to grieve your loss and allow your wounds to heal. If we see you on the street, we will greet you cordially. If you patronize one of our businesses, we will welcome you and do all we can to provide you with the goods and services you require. In our worship services and personal prayer times, we will ask God to give you his comfort and peace. And if you require our help at any time for any specific need, just ask-and we will do all we can to help.

Second-to the wider community. Now is the time for us to come together like we never have before. We need to stand together, work together, pray together and support each other as we heal following this tragedy. A good place to begin is to let those we love know how we feel about them, to settle disputes with others as quickly as we can, and to generously share three gifts that never grow old-love, acceptance and forgiveness.

Finally-for all of us. In Psalm 46:1, King David wrote these words: "God is our refuge and strength; a very present help in time of trouble." In desperate times, we look up. We seek help from the one who fills the heavens and the earth. He knows our hearts. He knows how we feel. He will help us heal, adjust to our loss and go on with our lives. And he will be with us every step of the way, until our healing is complete.

God is here. God is with us. God is ready to help. Don't be afraid to call on him. He will hear your prayer and answer it immediately.



The summer break is over! Sunday services at

#### **Rivers United Church**

resume on Sunday, September 8, 2024 11 a.m. Corner of Main Street and 4th Avenue

- Sunday school in Friendship Hall
- Choir in the choir loft!
- Coffee after the service!

All are welcome in this place!

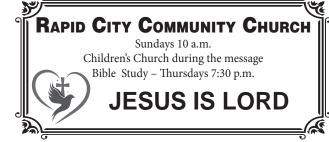
# From last weeks front page

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#### **Word Bank**

1. euduro2. hope3. snazzy4. style5. raise6. daycare7. early8. prizes9. friendly10. training11. dirt12. lemonade





# By Chad Carpenter



# Canada needs an overhaul

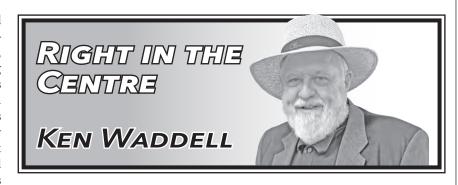
🕇 anada has been dragged through yet another threatened railway strike. As usual, the unions picked grain harvesting season to pull the pin. With millions of tonnes of grain needing to be taken to storage and to export to terminals and to processing plants, the railway unions have always known that August is strike month. The postal workers always aim for Christmas for their regularly scheduled strikes and other unions are tuned to hit the most sensitive times for strikes.

I don't think railway workers should have the right to strike, neither should postal workers. It's not as if today's workers are working in sweat house conditions or breaking their backs and clogging their lungs chopping coal out of the ground.

Very few industries need unions to get better working conditions and higher wages. If people don't like their wages or working conditions, then change jobs. It's not as if we have an over abundance of workers in Canada. Most industries are begging for employees and that's even with some very high immigration rates.

Railways and postal work are essential services and should not be plagued with strikes. The unions are so well organized in Canada that they can make any trivial excuse for turning a grievance into a "lifethreatening" crisis. I think that for the most part, that is nonsense.

But, the cause of strikes doesn't always fall to the workers. To put in bluntly, some employers are nasty people and I don't hesitate to say so. Some companies demand that employees basically sleep with their phones and answer texts, calls or emails at any hour of the day or night. That is simply not right and Australia is working on making it Underground mining, especially illegal. Good for them.



#### To put it bluntly, some employers are nasty people and I don't hesitate to say so

The bigger problem is that board directors, Chief Executive Officers (CEOs) and other exec positions are paid way too much. The head of Boeing aircraft says he is paid \$43 million a year. That is obscene and the directors and shareholders of that company allowing that are obscene and quite frankly stupid. They are playing us all for fools.

Government workers should not be allowed to strike but by the same token, many government execs are highly overpaid.

Workers should change jobs if they don't like where they are. I may be wrong but if a person leaves a company, they may lose benefits and pensions. Pensions should be portable and I have always said that private pension plans should be portable or would be better off in a pool with the Canada Pension Plan. That way a person could switch jobs when the stress gets too much or when better wages bid for their services,

I can only think of a few industries where unions are actually needed those with bad safety records, or high risk work that is dangerous by it's very nature. I think the meat packing industry needs a union to protect workers.

I welcome feedback, but I can't see any other instances where unions are needed. I could likely use some more information on this topic but I think when railway unions go out on strike, auto industry workers, teachers, health care workers and many others, they need to look in the mirror and ask if life is really that bad.

If we cleaned up corporate greed and did away with the whole idea of confrontational wage negotiation, Canada might run a lot smoother. Most of us go to work every day, do our jobs and carry on thankful for what God and Canada have done for us. It seems we need an attitude adjustment in terms of what we think being hard done by is. Compared to 50 years ago, we have it pretty good and trust me, I know, I was working 50 years ago and I still am.

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.



# Single senior perks?

ultivating a positive attitude is one of my goals. There are so many things for which I am genuinely grateful- health, family, friends, faith- so grateful that I can take these gifts for granted. In this category are also other aspects of my reality-enough and enough to share, safety in home and country, choices of what to eat and what to wear- and those are the easy wins. So today I went deeper.

I have renewed by relationship with porridge! It was the every morning but Sunday breakfast of all of my years living at home. Dad would get up and put on the porridge- if I had wanted to make my own breakfast I suppose I could have, but really? Now I add a dollop of yogurt, some nuts and berries and it's really not bad. For lunch I scrambled a couple of eggs and microwaved them with added bacon bits and cheese, and for my evening meal I desired biscuits, and after a bit of research and remembering what my daughter-in-law taught me about baking, supper was six fresh biscuits, dripping with butter. I and thankful that I was responsible for making meals for anyone else today, and I am thankful that I am accountable to no one for what my days intake looks like!

The front door carpet is in real need of being vacuumed. It is close to the point that I need to lift my feet in crossing it rather than scraping dust, dirt and gravel off my shoes. I see the need to clean every time I leave or enter my home. It will get done- just before I have anyone other than myself see it! I am grateful that the laundry can stay a: in the washer, b: on the close horse or clothes line, c: in the laundry basket or d: unfolded and unkempt on the bed in the spare room. I'm the only one who sees it and the only one who needs it!

There are days I have a three -part day. After breakfast I walk the dog and putter around the yard. After lunch I walk the dog and putter around the yard or have coffee with a friend. After the evening meal I walk the dog and sit with my feet up. As we walk we find folks to chat with, views to admire and bikers and skate boarders to dodge....Arie knows at which yards we pause to talk about gardens and life, and if the resident isn't outside she stops and looks at me questioningly. I assure her that next time they might be out. She also knows who will spare her a drink of water or takes the time to pet her and those houses are golden!

I am truly grateful for those who check in on me with text messages, face times or phone calls, remembering to in turn check in on others.

There is a freedom in living alone- eating when and what I want. Mostly doing what I want. I keep telling myself to cultivate a grateful heart. It's working- mostly.

Rivers

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Community Newspapers





# Kenton kids paint workshop



Nine wonderful minds with different ideas about camping put their ideas on canvas.

#### By Jessica Coulter

RIVERS BANNER

n Monday, August 26, Woodworth Legion Ladies held an afternoon of fun for kids in Kenton and surrounding area. Allison Gardham was the instructor, teaching the kids how to paint a picture of how they camp. Each of the nine children had a slightly different idea about camping, which turned out nine different paintings. Woodworth Legion Ladies Mary Ann Stevenson and Celia Nolan were the team that helped for the day and made all the arrangements.

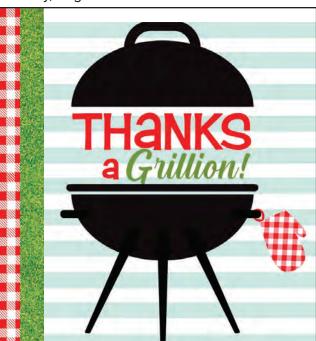


Allison Gardham had a fantastic time teaching nine little ones how to paint.





Jaina and Annika Clarke, Braxton Routledge, Bryden and Reid Gardham, Stella and Rhett Hunter, Bowen and Freya Thornett all had a great time painting on Monday, August 26.



Rivers and District Chamber of Commerce is hosting a

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to thank you for shopping local all season long.

# Saturday, Sept. 14 11 a.m.-2 p.m. **Rivers Legion Hall**



If you are a Chamber member and want a display table you are welcome to set up! Non-chamber members wil be charged a \$10 fee. To register for a table, please email info@riverschamber.ca



# Farmers' Advocate



# of nutrients in a bale of hay or straw?



By Shawn Cabak Manitoba Agriculture

The cost of fertilizing an annual or perennial forage crop is a significant expense to the operating budget. Both annual and perennial crops require optimal fertility to achieve high yields that many growers aim for in their cropping plans. Macro-nutrients including nitrogen (N), phosphorous (P), potassium (K) and sulphur (S) contribute the lions share to high yields but micro-nutrients are important as well. When Manitoba Agriculture released its cost of production budgets in January, the average fertilizer cost for growing annual crops ranged from \$124/ acre for red spring wheat to \$142 for canola or \$177 for corn.(\$164, \$184, & \$230 respectively last year)

When a grain crop is harvested nutrients are removed in the grain and the balance are left behind in the straw and roots. If the straw is left on the field these nutrients become available to subsequent crops. If the straw is removed then those nutrients must be replaced by commercial fertilizer. One ton of wheat straw has 65 lb of N,P,K and S compared to one ton of oat straw that has 74 lb. A 1,250 lb bale of alfalfa grass hay that is 14 per cent protein has 58 lb of N, P, K & S per bale or 92 lb/ton. Using average fertilizer values the nutrients in a 1,000 lb bale of wheat or oat straw are

worth close to \$20/bale. The nutrients in the tame hay bale would be worth

approximately \$35.

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

# What is the value | Cattle/calf numbers lowest in 37 years

By Shawn Cabak MANITOBA AGRICULTURE

Canadian farmers held 11.9 million cattle and calves on their farms on July 1, down 1.4 per cent from the same date the previous year. This is the smallest cattle herd size observed since July1,1987.

Canadian cattle producers retained less breeding stock on July 1,2024, with year-over-year decreases being observed in all breeding stock categories except milk cows (+0.4 per cent) and beef heifers for breeding (+0.8 per cent). Producers held fewer calves (-2.4 per cent) and feeder heifers (-1.5 per cent), yet more steers (+0.7 per cent), compared with July 1, 2023. In Manitoba there were fewer cattle, fewer beef cows and less beef replacement heifers (3.5 per cent, 3.2 per cent and 3.6 per cent respectively).

From January to June 2024, total cattle and calves

slaughter decreased 4.6 percent year over year to 1.7 million head. By contrast, international exports of cattle and calves rose15.5 percent to 398,300 head over the same period, supported by strong prices.

#### **Hog inventory** moves higher

Canadian hog producers reported having 14 million hogs on their farms on July 1,2024, up 1.3 per cent from the same date one year earlier. Inventories in Quebec, Ontario and Manitoba, which, combined, are home to over 80 per cent of Canada's hogs, all rose year over year.

On July 1, hog producers reported having 1.2 million sows and gilts (-0.8 per cent). In Manitoba both total hogs and sows and gilts were 4.4 per cent and 4.3 per cent

higher respectively. The pig crop fell to 14.9 million from January to June, a 1.1 per cent decrease from the same period one year earlier. Total hog slaughter declined 3.6 per cent to 10.7 million head while international exports of live hogs increased 4.2 per cent.



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# Farmers' Advocate



RIVERS BANNER



# Melody Acres and English Ranching





SUBMITTED PHOTOS

Tuesday Aug. 22, saw Melody Acres and English Ranching, along with the Assiniboine Watershed District and Covers and Co., welcomed customers, ranchers and grain farmers to our very first field day. Connor English spoke to the crowd about the changes that have been made to produce more production, reduce inputs and change the way traditional ranching has been done for decades on the prairies. Guests were shown solar direct watering systems, warm and full season cover crops and rotational grazing with daily moves. Attending the farm tour were visitors from Portage la Prairie, Altona, Neepawa, Deloraine, Birtle and Killarney. We were so lucky to havewonderful weather for the tour. We encourage anyone that has questions about regenative agriculture tocontact their local watershed district or Connor and Brian English.





# Hamiota archer earns silver at Eternal Springs

**By Anne Davison**RIVERS BANNER

Reed Fowlie from Hamiota competed in the Archery Manitoba ASA (Archery Shooters Association) tour at the fourth and final stop at Virden's Eternal Springs on August 10 and 11.

In the Senior Known (distance known) event Fowlie shot a good score, having hit the coveted '12' target with nine arrows and ended up with a silver medal, some points behind Kyle Oliver.

He's a long-time archer and said he enjoyed the Eternal Springs competition. "It's a nice place to have a shoot-out."

Fowlie is a bow hunter and with hunting season coming up this fall he chose to use his hunting bow rather than his competition bow. He could have shot in the Hunter category but chose the Senior Known which holds more challenge.

He said, "The bow I shot, I shot pretty well with."

There were 53 archers in groups of threes and fours sent out on the range to the 3D target stations, awaiting the horn honk for the shotgun start at the day's archery shoot at Eternal Springs. It's a little bit of paradise located just seven miles (11.2 kms) east of Virden and several visitors to the site remarked on the beautiful location.

ASA is the fastest-growing competition format in archery and offers something for everyone – the recreational shooter, bow hunter, or competitive archer.

Out on Eternal Springs' range archers shot at realistic 3D animal targets, ranging from 20 to 50 yards distant. Just like a game of darts, there are circle targets from large to small on the quarry,



SUBMITTED PHOTO

In mens' Senior Known archery event at Eternal Springs, Reed Fowlie (left) is awarded the silver medal. The gold medalist is Kyle Oliver and Marchus Simons is bronze.

which included deer, wolves, wolverines and the like.

The highest points represent a hit over the heart, a sure kill shot on a live animal - helpful for those who bow hunt and a sign of marksmanship for competitors.

Reed Fowlie explains that Hamiota has had an archery club for some years, but it paused during Covid. This fall he hopes to see archery resume within the Hamiota school gym.



September 1 is the opening application date for the annual Rivers and Area Community Foundation Inc. community grants. Application forms can be found online at www.riversareacommunityfoundation.org.

We provide grants to incorporated not-for-profit and charitable organizations, community and area groups, to stimulate growth and development.

Guidelines accompany the online grant application. If you have any questions regarding the completion of the application, please do not hesitate to contact us through our Facebook page or email.

All grant applications must be sent either by email or by mail. All applications via mail must be postmarked by September 30. All applications via email must be completed by 5pm on the 30th of September 2024.

Helping our community grow!

## **Organizers of the Rivers Tractor Trek**



SUBMITTED PHOTO

Tom and Jean Ryall and Harry and Joan Airey present proceeds of the Trek to be used in the Chemo Unit (\$4115) to Cam Argue board member of the Hamiota District Health Centre Foundation Inc.

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#### **Notice**

#### **NOTICE TO CREDITORS**

In the matter of the Estate of Jacqueline Ann Hyde, late of Rivers, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Courtney Scott, Acting Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5 R9 on or before the 22nd day of October, 2024.

Dated at Winnipeg, Manitoba, this 20th day of August, 2024.

> JANA TAYLOR -Deputy Public Guardian and Trustee of Manitoba

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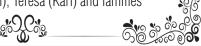
#### Thank-you

#### give Sold The family of Reenie Edwards-Anderson would like to express their heartfelt gratitude for all the visits, messages, calls, cards, baking, flowers and donations during her illness and in passing.

Thank you to the staff at Riverdale Hospital and Palliative Care for their compassion and quality care Mom received. Also thanks to Sally Carter and Campbell's Funeral Home for assisting us and helping to provide a Celebration of Life in honour of one very gracious lady.

Thank you to mom's dear friends, Roberta and Trudi for keeping up with a very busy kitchen and dainty table. We appreciate the love and support shown by all.

Brent, Shauna (Ken), Teresa (Karl) and families



#### Coming **Events**

#### MANITOBA **BEEF & FORAGE CONFERENCE**

8 AM - 5 PM October 30th, 2024 William Glesby Centre

Portage la Prairie, MB Hear from industry experts and local producers about a variety of topics related to beef cattle production!

Organized by MB Agriculture in partnership with MB Beef & Forage Initiatives, and MB Beef Producers.

#### For more info call: 204-761-3300

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#### agriculture/livestock/ WAGE MB WOMEN AND GENDER BUILDING beef-conference.html

## **Manitoba Government** announces universal birth control coverage starting **Oct.** 1

**Submitted** 

By Manitoba Government

Manitobans will see cost savings with the introduction of no-cost coverage of prescription birth control, beginning Tuesday, Oct. 1, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced today.

"Prescription birth control is a right, not a luxury," said Asagwara. "Money should never be a barrier to accessing reproductive health care. Starting Oct. 1, Manitobans will be able to get some of the most common and effective birth control without having to worry about the cost. This will save people hundreds of dollars and it will ensure you are fully in control of your body and your choices."

In Budget 2024, the Manitoba government announced a plan to make prescription birth control free for all Manitobans. The Manitoba Pharmacare Program will cover the full cost of about 60 commonly used birth-control methods including the pill, intrauterine devices, hormone injections and others.

People can get a prescription from their doctor or a nurse practitioner at their regular appointment, walk-in

clinics or in a hospital.

"Today's announcement will ensure that all Manitobans in need will have access to reliable contraception and secures their ability to make a reproductive life plan," said Dr Jacqueline Gougeon, family physician. "It further empowers women to make decisions around their education and careers that are based solely on their own hopes and dreams and not around unintended pregnancies. This decision represents renewed choice and opportunity for so many of my patients, and removes a tremendous barrier to adequate health care and gender equity."

The program will save Manitobans hundreds of dollars a year on birth control costs, the minister noted, adding that someone who pays \$25 a month for oral hormonal pills, the new free plan could save them as much as \$10,000 over their lifetime.

To obtain free coverage, eligible Manitobans who do not already have coverage from another federal or provincial program can present their prescription and their Manitoba Health Card at a pharmacy for a birth control



#### **ONLINE ONLY AUCTION #4 ESTATE OF JIM DUDMAN** AND LAKEWOOD GOLF **COURSE DISPERSAL**



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YARD, LAWN, RECREATION: lawn/garden care equipment/tools, fertilizer, grass seed; Craftsman snowblower, 30" wide, 10.5hp motor; Yamaha golf carts, clubs, other accessories; patio umbrellas, driveway reflectors; 1200lb boat winch; 15lb boat anchor, other boating items; outdoor sports equipment; indoor golf games, etc;

HOME RENOVATION, TOOLS, SHOP: laminate, vinyl plank flooring; ornamental fence panel; plywood, siding, lumber, other building materials, carpets, linoleum; electrical switches, plates, Cutler Hammer-brand parts, other supplies; patio doors/glass openings; brass numbers, windows, doors, door lock sets; bathroom fixtures, etc; Honda 4hp pump; Sanborn 80-gal air compressor; small engines, sand blasters, pressure washers; Intl tool chests, tool boxes, tarps, chains, bulk oil, other fluids; mechanics creeper, ladders, auto supplies, chimney parts, tires/rims, small tools, hardware, etc;

**OFFICE**, **HOUSEHOLD**: Desk, filing cabinets, paper supplies; framed prints, lamps, security, outdoor lights; DVD players, etc;

COLLECTIBLES, OTHER ITEMS: wooden cedar box, crocks, bottles, Detecto scale, other vintage items; license plates, electric Coke sign, large 3-door cooler and much more!

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# SPORTS

# BOND LOYES OLDS COLLEGE RODEO EXPERIENCE



SUBMITTED PHOTO

Rudy Bond is working hard at Olds College.

By Robin Wark RIVERS BANNER

enton's Rudy Bond greatly enjoyed her first season of rodeo with the Olds College team.

"I absolutely loved college rodeo," the daughter of Tyler and Pam Bond said. "It is an experience of a lifetime and I'm forever grateful for my phenomenal horses that I am lucky enough to swing a leg over."

Bond will be back competing for her Alberta-based school this upcoming season in pole bending and barrel racing. Rodeo coach Tanner Girletz described her as "a quiet, hardworking, young lady."

"What impresses me about Rudy is her ability to

not sweat the small stuff and how she conducts herself around rodeos," Girletz said. "She is quiet, but leaves an imprint to others around her with how she carries herself."

The coach said that Bond's strength in both of her events is "her ability to ride her horse."

"She is a very good rider with correct small moves to make her horse work to the best of his ability," Girletz said. "Not many mistakes were made by Rudy in our last season."

Bond's horse was injured for much of last season, the coach said. Girletz said, "She made it count when he was sound and ready to go and made her other horse work to the best of its ability when the other horse was down."

Bond found college rodeo to be similar but different from the high school competitions she was accustomed to.

"The biggest difference was being there and doing everything without my parents," she said. "It took lots of getting used to but by the spring it was pretty easy going."

Bond appreciates the support her parents have provided during her rodeo career. She called them "my biggest supporters."

"None of this would be possible without them by my side," Bond said. "It was hard being away from home and not being able to be physically with them when I needed help college rodeoing but they were only a phone away. They are the reason I am where I am today. They push me to do my best and encourage me to keep going. They came to both home rodeos and Taber rodeo last November."

She is studying agriculture management. Bond said, "I choose to stay on the livestock side of things, so I am hoping to pursue some sort of career in that aspect of things."



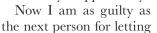
# Stop the scroll

ne day this past week I found myself 'doom scrolling'.

You know the kind... Where you lay on the couch and mindlessly flip through other people's lives.

As I was scrolling, I started to notice the perfect playroom, the aesthetic kitchens, the women who had a baby
but didn't look like they had. I noticed vacations that looked
far more exciting and fancier than mine. I felt that familiar
sinking in my stomach, the embarrassment creeping in
as I looked around my less than perfect, not even close to
aesthetically pleasing living room. The ripped and stained
couch, the crumbs under foot from the latest snack, and, to
be frank, in a body that at 8 months postpartum STILL
does not feel like my own.

I sat straight up in my seat realizing, Not again! I had fallen prey to the sneaky comparison game that so easily comes with social media. Where at the click of a button we can access hundreds of thousands of people's highlight reels, their clipped and cropped and perfectly curated videos. Thirty to sixty seconds of their life where every dirty dish, stretch mark, fighting child and pit stain is carefully cropped away.





One of Tara's many blessings.

comparison steal my joy, for feeling like I need to 'keep up with the Joneses' as it were, but I've learned to recognize the signs in myself and have found ways to combat this joy stealer in my own life.

When I pulled myself out of the comparison that night it got me thinking. What if we looked at it from a different angle. Every time we compare ourselves to someone else we are telling God he made a mistake.

He, the creator of the universe and everything in it, was wrong to make us the way he did.

Every time we compare our children to someone else's, we are saying he made our children wrong, every time we compare our home to someone else's we are saying he didn't bless us enough or the right way.

What changed things for me was looking to the word of God where it says the truth will set you free. He doesn't make mistakes, he doesn't bless us wrong, he has good and perfect timing.

So my stained and ripped couch became... I have children who are healthy and play heartily and eat well and because of those blessings spills and rips happen.

The crumbs on the floor become a reminder that we have food in our fridge and the boy's have snacks in hand.

The messy playroom, also covered in laundry, reminds me we have clothes to wear and a washer and dryer.

When we flip the script, halt the comparison and go to the source of truth we can see the blessings around us. We can find joy and peace in our circumstances. We can see that we are, in fact, living in an answered prayer.

Tara Kauenhofen is a wife and mother of four boys.

# **JETS HOST HOCKEY SCHOOL**

By Robin Wark
RIVERS BANNER

This fall young hockey enthusiasts will have the opportunity to learn from the Rivers Jets senior players they look up to.

The Rivers Jets Hockey School will be held this year for the first time. The event will not only provide high quality hockey instruction, but it will also serve as a fundraiser for Raise Your Glass. The local project is focused on putting windows in the Redfern Hall.

"It allows the senior hockey team to help give back to the minor hockey program in Rivers and surrounding areas to help develop a strong pipeline of players who will continue to play the game, and will hopefully someday wear a Jets uniform as adults, while helping raise money for the arena project," Rivers Jets Senior Hockey Club President Aaron Tycoles said.

The hockey school will be held over two weekends-Sept. 28-29 and Oct. 5-6. The Jets' goal for the co-ed event is to draw 60 players. Three age groups will be offered: 9U, 11U and 13U.

Morning power skating sessions at the hockey school "will focus on developing players as skaters," Tycoles said. The afternoon sessions will seek to improve overall hockey skills.

The instructors will include Jets players who have com-



peted at higher levels of hockey. They bring experience from such leagues and organizations as the Western Hockey League, United States Hockey League, U Sports, National Collegiate Athletic Association, and the professional ECHL.

"Our goal as an organization is to continue to invest back into the community and to be a big part of Rivers," Tycoles said. "We hope that this is the first annual camp, and that we will be able to continue to support minor hockey and the Riverdale Community Centre even once the Raise the Glass Project is completed."

## **Children's Business Fair in Hamiota**



Macy's Market had handmade key chains and wristlets.



Cowling's Soaps and More had homemade shea butter soaps.



PHOTOS BY ARMI ADAIR

Mini Crocus Bites had homemade Donuts.

#### Submitted

By Armi Adair, Hamiota Mun EDO

On Saturday, August 24, the Hamiota Economic Development (HEDC) hosted its second Children's Business Fair at the Hamiota Community Center. There were five businesses that showcased their creativity and business acumen at the event. These were The Knight Cookie Corner, Macy's Market, Cowling's Soaps & More,

The Krafty Kat had handmade wool creations.

Mini Crocus Bites, and The Krafty Kat.

The eventwas filled with fun, and the kidsworked hard on their booths' presentation and sold their products to visitors and exhibitors. Awardswere given towards the end of the event by our judges Susan Mervyn and Rick DeBin with participation of EDO, Armi Adair and Hamiota Welcoming Committee member, Czarina Conde. The event was sponsored by Fusion Credit Union, Hamiota Super Thrifty, and Campbell's Flowers & Gifts.

Another event that took place was the 'Check Hamiota Out' organized by the Hamiota Welcoming Committee. The event hosted different organizations and community groups to encourage community belongingness and volunteerism. The Welcoming Committee also featured Filipino-themed meal which composed of Philippine Roasted Pig, Pancit, Rice, and Pickled Papaya (locally called as Atsara). This event truly featured what Hamiota

# ROLLING RIVER SCHOOL DIVISION A REMINDER TO ALL MOTORISTS



#### BE AWARE

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

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

#### IT IS YOUR RESPONSIBILITY - AND THE LAW -

to stop 5 metres behind or in front of a school bus when its red lights are flashing and the stop sign is extended.

Currently, the maximum fine for passing a stopped school bus with its red lights flashing and the stop sign extended is \$655.65 and assessment of two demerits.

#### **BE SMART.**

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



(Referenced from: Manitoba Education - Public Transportation Unit http://www.edu.gov.mb.ca/k12/ptu/pdf/if\_everyone\_does\_their\_part.pdf)

Please follow the traffic laws and help keep our students safe. Thank-you.

# SUN

## MON

#### TUE

## WED

## THU

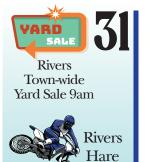
## FRI

has to offer.

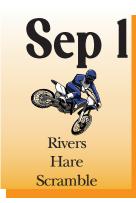


# COMMUNITY CALENDAR





'Scramble





50 + Club Tile Rummy

Crib Night Rivers Legion 7pm 6



8

9

10

11

50 + Club Tile

Rummy

Cuile

Crib Night Rivers Legion 7pm 13

