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Rivers United Church thrift sale a huge success



SUBMITTED PHOTO

Submitted
By LYNN MADDEN

Rivers United Church hosted a two and half day very successful thriftsale from September 26-28.

took awhile to get all the items displayed. Our church volunteers all worked hard to get it set up plus worked shifts for the sale.

It was the biggest one to date with so many donations that it

read more about the thrift sale on page 12...

Inside...



UKRAINIAN HERITAGE MURAL DEDICATION
P7



FALL HIKE AT ETERNAL SPRINGS
P2



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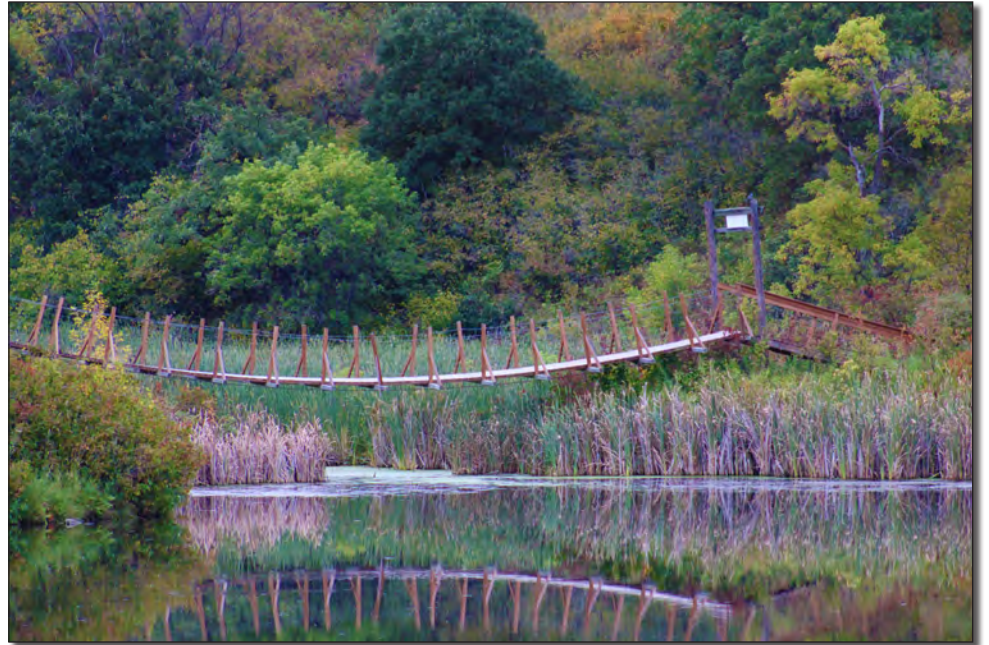
Enter on the Co-op app or online at Co-op.crs



Leaf your troubles behind and go on a hike



The calm and beautiful water of this pond is home to trout and waterfowl.



St. David's Swinging Bridge carries you over St. David's creek and was built in 2004.

By Jessica Coulter
RIVERS BANNER

My husband and I decided to take a break on the weekend and go for a hike at Eternal Springs. I had never been before as I am new to the area, but I will definitely go back again as the trails were beautiful, the landscape was breathtaking and the pond a sight to behold.

Eternal Springs is a hidden gem located north of the Assiniboine Valley just 4-1/2 miles off of highway 259. This recreational area was started by a group of people over 50 years ago as a pond they could stock

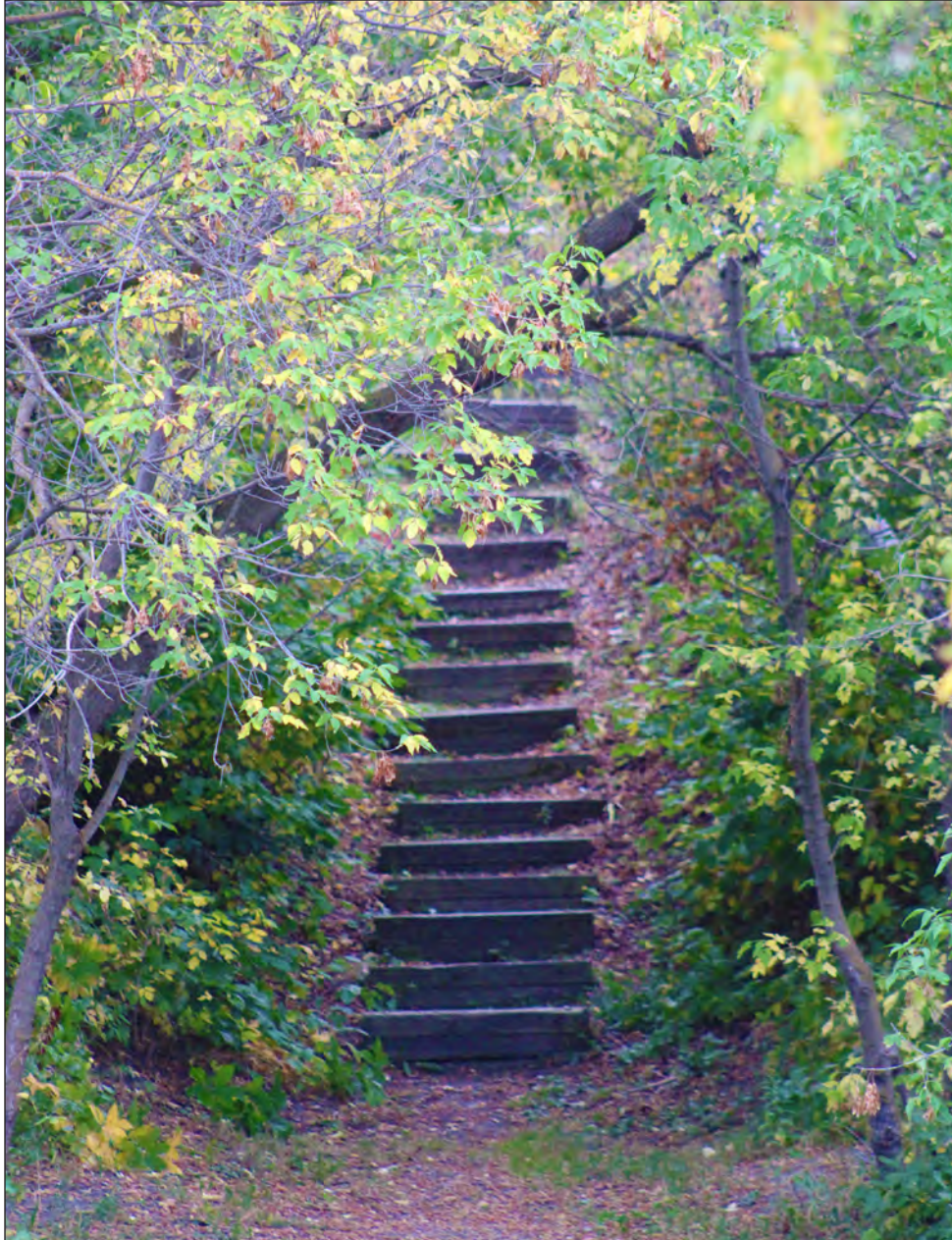
with trout. It was the perfect location because it is fed by St. David's Spring. This spring supplies freshwater at a rate of 15 gallons per minute and never freezes.

The site of this attractive fishing hole had its ups and downs over the years. The final results are well worth a visit. I was very impressed with the campground area with BBQ pits. The volunteer staff that maintain the area have done a fantastic job with keeping the picnic area clean and usable. We enjoyed walking the groomed trails and crossing the 66 foot swinging bridge that was installed in 2004. There were signs to

help visitors identify the different birds that could be seen swimming in the pond.

There is about seven kilometres of trails to walk giving everyone a chance to see everything Eternal Springs has to offer. I really enjoyed making this walk this fall with the leaves changing. It made the trip even more beautiful.

If you would like more information about Eternal Springs, please visit Eternal Springs Facebook page at <https://www.facebook.com/groups/1663517913884177/>.



PHOTOS BY JESSICA COULTER

The team taking care of Eternal Springs helped make this trail safer with the installation of these stairs along the trail.

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FAITHFULLY YOURS
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Tips for teachers, Part V



One of my favorite motivational speakers was the late Dr. Howard Hendricks, Professor Emeritus of Education at Dallas Theological Seminary in Texas. One of his "classic" sermons was based on 2 Timothy 2:15: "Do your best to present yourself to God as one approved, a worker who has no need to be ashamed..." In this sermon, Hendricks posed three questions he felt every minister should ask after every worship service, home visit, coffee appointment or casual encounter.

From his questions, I have developed three questions to help today's teachers evaluate their role, their record and the impact they are having in the lives of their students. But I would urge all my readers to join me in asking the same questions and applying them to our lives at home, at work, in our churches and in our communities.

First question-Is your work well done?

Are you the best you can be at all times and in all circumstances? Please don't get me wrong here. I understand that some jobs can be very stressful. If you have 30 students in a classroom, to which you add one teacher, you have 31 times 30 (over 900) possible

interactions between teacher and student or student and student. Any one of those interactions can become volatile at any time and throw your classroom into chaos.

On a good day, keeping order in class can be challenging. But not all days are good days--not for students and not for teachers. So don't expect perfection, because you will never achieve it. Strive for excellence. Strive to be the best you can be at all times and in all places-in the classroom, in the community and in casual conversations with people you meet around town. That is all we ask of you and of ourselves.

Second question-Are your students well served?

Every school term is filled with "hellos" and "good-byes." Teachers say "hello" to a new class in September and bid them "goodbye" at the end of the term. Between the first "hello" and the last "goodbye," they must get to know their students and find creative ways to help each student understand and retain the course material for that term.

Overcoming this challenge is hard enough. But teachers have the added burden of ensuring that their school provides a safe environment for learning-an atmosphere that is as free as possible from bias, prejudice, racism, bullying and other similar dangers.

Teachers are not miracle workers. They cannot be everywhere at the same time. We should not expect them to be super people. All we ask is that they do their best. Then we can be assured that our students have been well served.

Third question-Is the community well pleased?

A student's achievement during a school year should never be measured by grades alone. As a community,

we want to see growth in other areas of a student's life. We want to see the development of a strong work ethic, improved social skills, sound decision making and a willingness to accept responsibility for their decisions and actions. We want them to be their best and do their best in their careers, in their relationships and especially in the way they pass their values on to their children.

A new school year is before us. I pray that, when it ends, teachers, students and community will be able to answer each of the above questions with a resounding "Yes! Our work was well done. Our students were well served. And our community is well pleased."

LET'S GET READY TO ROCK!

RIVERS CURLING CLUB LEAGUE CONTACTS FOR 2024-2025

Monday afternoon Ladies:
Lori Vandal 204-724-8832
Crystal Bourdin 204-740-7050

Monday Night Men's:
Justin Gerrard 204-724-6803

Tuesday Afternoon Seniors:
Dennis or Maxine Veitch 204-328-7133

Juniors Tuesday Evening:
Coach Charley Beever 204-573-1852

Thursday Afternoon 2-Person:
Al MacDonald 204-328-7903

Thursday Evening Open:
Charley Beever 204-573-1852

2024-2025 Curling league fees: TBD at AGM

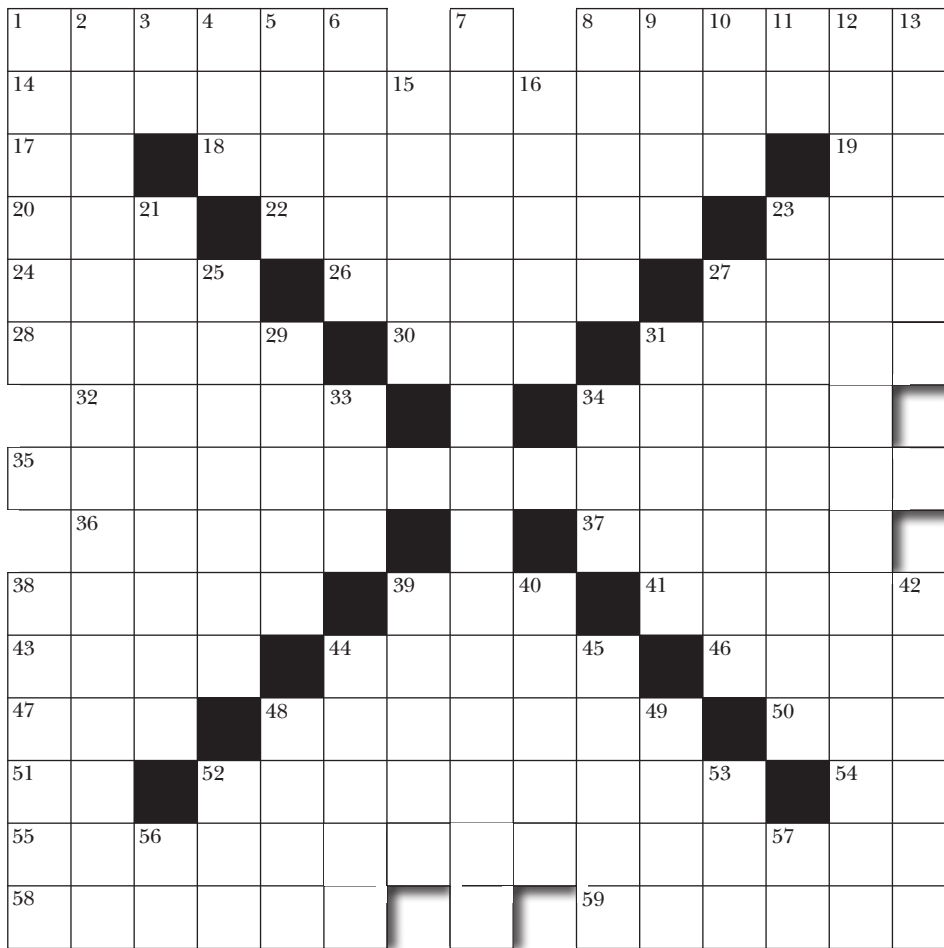
Rivers Curling Club AGM October 16, 2024 Behlen Lounge 7pm. You can WIN a discount on your membership for 2024-2025 Curling Season - Must be present for meeting to be entered.**



Locally created crossword puzzle

Across

- 1 - Ran a dog sled team
- 8 - Tie downs
- 14 - Against the old ways
- 17 - Tar Heel State abbr.
- 18 - Hurricane Katrina
- 19 - US's smallest state abbr.
- 20 - A male turkey
- 22 - Window shades
- 23 - Hotel and Tourism Management acronym
- 24 - Stir up the sediment
- 26 - Dressed to the ___ elaborately dressed
- 27 - Postal system letters
- 28 - Church's recesses
- 30 - Tire fill
- 31 - Elaborate
- 32 - Make happy
- 34 - Indian religion member
- 35 - Attraction between physical objects
- 36 - Adam's second son and others of same name
- 37 - Former municipality of Greece
- 38 - Medical tube
- 39 - God's 6th day creation
- 41 - Actress Winger
- 43 - Lubricates
- 44 - Largest city in the province of Riau, Indonesia
- 46 - Ship's canvas
- 47 - Drive shaft joints abbr.
- 48 - Pensioner
- 50 - Prefab home abbr.
- 51 - For example, abbreviation
- 52 - Disagreements to cause separation (2 words)
- 54 - Satellite of Jupiter
- 55 - Reactions to food
- 58 - Wild cats with turfed ears
- 59 - Newspaper publisher William Randolph _____



Created by David Harris of Oak River, MB

Down

- 1 - Repeated prayer sound
- 2 - Unhelpful manner
- 3 - Ave. crosser
- 4 - Belongs to him
- 5 - Singer James born Jamesetta James
- 6 - Die in water
- 7 - Management of public affairs
- 8 - Male deer
- 9 - Conway and Allen
- 10 - Fish eggs
- 11 - Indefinite article used before a vowel
- 12 - Individual qualities
- 13 - Slenderly
- 15 - Name meaning strong like an eagle
- 16 - Internal
- 21 - Incorrectly tags
- 23 - Moustache style
- 25 - Adds yeast
- 27 - In charge of a business
- 29 - Raise on poles
- 31 - Penalized by charging money
- 33 - Aliens abbr.
- 34 - Extremely warm
- 38 - A party gathering
- 39 - Dull finish
- 40 - Satellite of Saturn named for a Norse god
- 42 - Nearly
- 44 - Large floating ice
- 45 - Lake where the constitution was ratified
- 48 - Not common
- 49 - Second smallest great lake
- 52 - Plastic plumbing with crimped fittings
- 53 - Depot abbr.
- 56 - Lanthanum's symbol on the periodic table
- 57 - Iridium's symbol on the periodic table

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JESUS IS LORD

Tundra

By Chad Carpenter



Keep them poor and uninformed

Last year, about this time I wrote about the danger of the elites and allowing an elite group of people run organizations. I hope you think it's a topic worth re-visiting. One of the organizations in question was the Progressive Conservative Party of Manitoba. I outlined how, over a few decades, a once vibrant, grassroots party let its organization and leadership to become, at best, mediocre. I got some definite feedback on that subject.

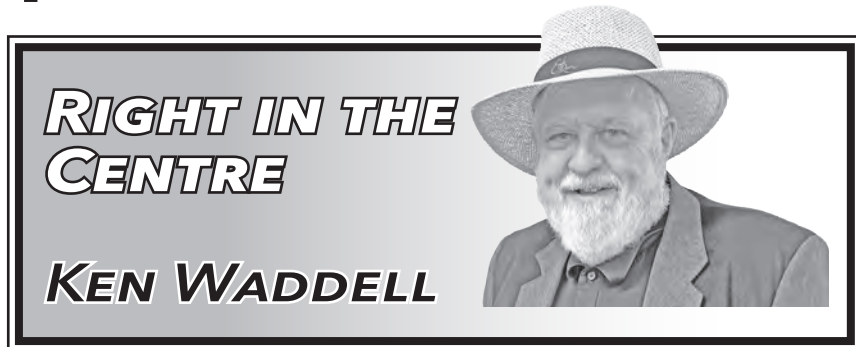
Another thought came to me today and that is, "Why do governments like keeping people poor and uninformed?"

I think the answer is surprisingly simple. Poor, uninformed people are easier to control and keep dependent on governments. Think about it. Why are there so many poor people in the Middle East? Palestine (Gaza), Syria and many African countries are very poor. We have lots of poverty in Canada too. Thousands of homeless people live in Canadian cities and towns. Many First Nations communities have high levels of poverty and a low level of basic services.

Rich people don't need government intervention as much as poor people do so there is, generally speaking, a lower level of dependence on government among richer people.

The bigger the level of dependence, the bigger the government. The higher the level of dependence, the more bureaucrats you need and that way the government unions get bigger and have more say in government policy. It's a vicious circle.

Governments have always been that way. Manitoba was part of the old North-West Territories but it was also part of the very old (1670) land grant from the King of England to the Hudson's Bay Company. Millions of acres of land, with almost no European population, was given by a King's Charter. For the first 200



years, the population was made up of Indigenous people, a few fur traders and explorers. By the 1860s, there were also many Metis people who fished, hunted, trapped fur bearing animals, traded in various goods and services and farmed. The Government of Canada decided to expand and bought a parcel of land from the HBC and decided also to survey the land with a view to development. Just so you can be assured that governments haven't changed much, Canada didn't tell the residents around Red River about their intentions. The residents didn't like the risk that their land could be confiscated. After a period of ever increasing tension, Louis Riel objected and took some military style action. It's a long story but the bottom line is the Metis and other residents of the Red River area neither wanted government interference nor did they want to be dependent on government. The Government of Canada totally botched their intentions and communications.

Riel set up a provisional government and council. Some violence erupted and three men died violent or accidental deaths. One of the deaths was an execution. It wasn't pretty, but out of the turmoil and violence, Manitoba was born.

Many will argue that Louis Riel was wrong and that his actions of 1869, and his later actions in 1885, were treasonous. That's a valid argument but it's also valid that had Riel and his

followers not stood their ground, more violence may well have happened. As is often the case, a senior level of government didn't have a hot clue about local traditions, values, customs or conditions. They assumed that they were dealing with poor, uninformed people who obviously must be told how to live in dependence on government.

Riel made a number of mistakes but I have long argued that he should receive recognition and he did in 1992 when then Premier Gary Filmon declared that Riel was the Founder of Manitoba. Last spring, Premier Wab Kinew brought in legislation that declared Riel as Manitoba's first premier.

The 1992 recognition of Riel was a good move and that was done by the PC Party. Yes the party that I described above as "a once vibrant, grassroots party".

It would appear that the move by Wab Kinew is a good move, as was the move by Filmon. As I said earlier, Riel made mistakes, as did Filmon and so will Kinew. The successes of Riel and Filmon came from listening to the local people. If Kinew is successful, he will follow that same path. Hopefully Kinew will recognize that the people must be listened to, not just the bureaucracy, the unions and the political elites.

Disclaimer: The views expressed in this column are the writer's personal views and are not to be taken as being the view of the newspaper staff.

Homebodies

RITA FRIESEN



Up in the air so blue?

It was a simple image that Sister the Younger sent me; a swing like the one that we enjoyed in our Aunt Tillie's yard, a sturdy plank- possibly four or five feet long- suspended by two sets of ropes or light chains. It would have taken a robust person to operate it on their own, but with two children swinging you could gain great momentum. And with the plank, why, you could carry passengers! That made even more sense since Aunt Tillie and Uncle Pete had five children including a set of twin boys. We discovered the swing has its own title- it's a Russian swing, and considering our migratory history that's logical.

The Russian swing wasn't the only swing in my aunt's yard. The wooden glider swing under the trees was the perfect place to sit and simply be. Sometimes it would be my mom and her sisters sitting out there, sometimes us cousins, and best of all, mixed generations. What was designed to be a four-seater held many more. We must have been a swinging family! These glider swings, hand made, graced many of my families yards. Usually painted white.

Swings have always appealed to me. Way back in elementary school we memorized "Swings" by Robert Louis Stevenson.

'How do you like to go up in a swing, Up in the air so blue?

Oh, I do think it the pleasantest thing Ever a child can do!

Years later, a friend and I double pumped on the school high swing. We were considered too old, but there was no one waiting a turn and the day was perfect. Remember how you wanted to go high enough to see over the top support of the structure? We achieved that when one rope broke. You can only imagine the rope burn we had on the hand that rapidly slid along the prickly rope before we landed. We received zero sympathy from the staff. They felt, probably justified, that grade eleven girls should not have been high swinging in the first place!

Ed understood my love for the quiet gentle movement of a swing. One of the first things he set up at the farm at Riding Mountain was a single seater swing from the giant oak tree. Yes, we had young children, and yes, they got to play on it as well, but the swing was for me. I was in my early thirties. When we moved to the acreage almost twenty years later Ed once again strung the rope and notched a board for my swing, this time in the front yard from the strong arm of a maple tree.

I have never been brave enough to climb a tree and swing it down, though I have dreamt of doing so. It's safer, and wiser, to read again Robert Frost's 'Birches'. He describes a young farm lad carefully climbing to the very top of a slender birch tree, and flinging himself outward and kicking his way through the air to the ground. "I'd like to get away from earth awhile and then come back to it and begin over". "One could do worse than being a swinger of birches." Those lines.

Rivers Banner
Est. 1908

204- 328-7494
www.riversbanner.com
info@riversbanner.com
Drop box @ 529 Second Ave•Rivers, MB
Circulation: 2,200
Yearly Subscription Rates (excluding taxes): \$52.03 in Manitoba, \$59.08 elsewhere in Canada
Canadian Publications Mail Sales Product Agreement #40012782

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

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

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Spring flowering bulbs

Submitted

BY PATRICIA HANBIDGE

As fall continues, it is time to complete some tasks that are perfectly suited to doing while it is still warm outside – at least during the daylight hours. Although September is the perfect time to plant spring flowering bulbs, there is still time! These bulbs which bloom in the early spring must be planted in the fall to allow the bulb to develop a good root system. These bulbs also need a cold period (winter) in order to allow their flowers to fully develop. For best results plant them well before our ground freezes as these colourful additions to the garden are inexpensive, simple to plant and require very little for care.

Size matters! When purchasing bulbs, it is important to remember that this is one instance when you truly get what you pay for. The larger bulbs of each flower type will without fail give you a better product. Take time to examine the flesh of the bulb as it should be smooth and free of any blemishes. Your favourite garden centre should have plenty of stock now that will ensure you can enjoy the latest bulbs of your dreams come spring.

Bulbs should be planted in an area that is well-drained. The soil should be free of weeds and dug to a depth of about 12 inches (30cm). If your soil is a heavy clay soil, incorporate equal portions of coarse sand and a suitable organic matter like compost. A good rule of thumb is to incorporate a good 4 to 6 inches (10 to 20 cm) of organic matter prior to planting. Apply a standard bulb booster fertilizer (9-9-6) or bone meal at planting time to encourage a vigorous and healthy root system.

The planting depth will vary for each type of bulb, but a good rule of thumb is to plant the bulb to a depth of 3 – 4 times the width of the bulb. Therefore, if you are planting a tulip bulb that is 2 inches (5 cm) wide, it should be planted



SUBMITTED PHOTO

8 inches (20 cm) deep. After planting, water the soil thoroughly and mulch the surface with leaves or grass clippings to a depth of 2 inches (5 cm).

When planting spring bulbs, you will get the best impact if you group the same type of bulb together. The bigger the grouping the larger the impact will be. Most spring flowering bulbs are low in stature. What that means from a design perspective is that they should be planted at the front of the border but also somewhere that enables you to enjoy the show on a regular basis. Spend a bit of your fall in the garden planning for spring and plant some spring flowering bulbs so you can enjoy the grand show in the spring!

Choose hardy stock that will survive in your climate zone. Tulips, species tulips like *Tulipa tarda*, scilla and crocus are your hardiest choices but in the right location daffodils, puchkinia, fritilarias and grape hyacinth will also work well. Hyacinths will be fine for zone 4 and above, depending on the species.

I have a love of all tulips. You can extend the spring

season by planting a collection of early, mid and late flowering selections. Spring on the prairies is often short so play with the climate and extend every season by planting for extending the colour. Do remember that a lot of the exotic tulips are not really perennial in nature and you may need to replant annually. However, if you use some of the old tulip types like Darwin, you should be able to enjoy many years of blooming tulips.

Plan for spring.....plant now so you can spend the long winter anticipating the show you are creating that will be enjoyed in the spring.

Hanbidge is the Lead Horticulturist with Orchid Horticulture. Find us at www.orchidhort.com; by email at info@orchidhort.com; on Facebook @orchidhort and on Instagram at #orchidhort.

Tune into GROW Live on our Facebook page <https://www.facebook.com/orchidhort> or check out the Youtube channel GROW <https://www.youtube.com/channel/UCzkiUpkyv2e2HCQIFl0JyQ?>

CRANBERRY TURKEY STUFFING BALLS

Ingredients:

2 c bread crumbs	1 c cooked turkey, shredded
1/2 c of dried cranberries	1/2 c of onion, finely diced
1/2 c of celery, diced	1/4 c of fresh parsley, chopped
1/4 c of chicken broth	1 tsp of dried thyme
1 tsp of salt	1/2 tsp of black pepper
1 large egg	

Instructions:

- 1) Preheat the oven: Set your oven to 375 F (190 C). Line a baking sheet with parchment paper or lightly grease it.
- 2) Prepare the stuffing mixture: In a large bowl, mix together the bread crumbs, shredded turkey, chopped cranberries, onion, celery, and parsley.
- 3) Add the thyme, salt, and black pepper for seasoning.
- 4) Add the liquid ingredients. Pour in the chicken broth and add the egg. Stir the mixture until everything is evenly combined and moist. If it seems too dry, add a little more broth.
- 5) Form the stuffing balls: Scoop out about 2 tablespoons of the mixture at a time and roll it into a ball. Place each ball onto the prepared baking sheet.
- 6) Bake the stuffing balls for 25 minutes, or until they are golden brown and cooked through. Ready to serve!



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Wolverine Supplies celebrates 35 years with over 1000 attendees at anniversary event



At the top of the hill, guests of Wolverine Supplies had a chance to try out different rifles, shotguns and handguns, aiming at the targets down range.



MP Dan Mazier tested out a shotgun at the skeet shooting range.



PHOTOS BY JESSICA COULTER

Top: Many different rifles were available for testing at long range targets.

Left: Matt Hipwell took a moment from his busy schedule as one of the organizers of this event to test out the skeet shooting range.

By Emily Dufour

MARKETING COMMUNICATIONS, WOLVERINE SUPPLIES

Virden, MB, September 29, 2024 – Wolverine Supplies commemorated its 35th anniversary on September 28, 2024, with a successful event that attracted over 1000 attendees. The celebration featured exclusive product demonstrations, exclusive discounts, and guest appearances from industry leaders, including representatives from O’Dell Engineering, Vortex Stoeger, Beretta, Evans Group, Hi-Lux Optics and Global Defense.

Attendees enjoyed live demonstrations, entered contests for premium giveaways, and supported the company’s ongoing commitment to charitable organizations. “We are incredibly proud of what we’ve built over the past 35 years, and it was amazing to celebrate this milestone with our loyal customers and partners,” said Genn Hipwell, co-owner of Wolverine Supplies. “The turnout and support were phenomenal, and we look forward to continuing our legacy in the industry.”

The event raised \$10,000 each for the Canadian Coalition for Firearm Rights (CCFR) and STARS Air Ambulance, continuing Wolverine Supplies’ long-standing tradition of supporting critical causes. The company also announced plans for its upcoming Wolverine Days in 2025.

About Wolverine Supplies

Wolverine Supplies is a premier Canadian retailer of firearms, optics, and shooting accessories. Since 1989, Wolverine Supplies has been dedicated to providing high-quality products and exceptional customer service to outdoor enthusiasts, hunters, and competitive shooters.

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The First Heritage Mural is completed.....



Submitted
By DONNA MORKEN

On a bright and sunny Sept. 20, 2024 there were photos taken with some

of the past members of the Rivers Taras Shevchenko Ukrainian Society, who were over joyed at how the mural artists had captured their Ukrainian Heritage.

The story begins in 2022, wherein the Rivers Train Station Restoration Committee applied to the Province of Manitoba for a grant from the Arts, Sports and Culture in the Community Fund to complete two (2) heritage murals as part of the Heritage piece of a Streetscaping Program for the downtown area of our community.

The RTSRCommittee was successful and received funding to complete 2 murals. One mural would be placed on the west side of the Zion Church. For those that did not know, the Zion Church was formerly the Ukrainian Hall. (It first began as a place to worship before the Ukrainian Catholic Church was built)

When the Ukrainian immigrants came west (some by train) they were looking for work and a place to raise a family. Some worked for Canadian National Railway (now CN), some were farmers, others were construction workers, and so on.

At one time, a very large portion of Rivers population was of Ukrainian decent. In 1929, the Rivers Ukrainian Society was organized. The society was then incorporated in 1949 in the name of Taras Shevchenko Ukrainian Society. Taras was a famous poet, artist and writer in the Ukraine. All members of the society decided that they needed a place to worship together, celebrate their culture and thus the Ukrainian Hall was built in 1930. The picture you see at the south end of the mural wall of the men building the hall was taken from an original photo from 1930 of them doing so.

The Taras Shevchenko Ukrainian Society operated in that building and included adding on two additions, (a kitchen and washrooms, then the back piece for storage). You could smoke in the front part of the hall but not in the back addition.

During this time, there were Ukrainian Dancing lessons, language lessons were taught, singing lessons and the sound of Ukrainian music rang from the Rafters. Movies were shown in the hall until a theater was built next door, parties, weddings were held, Christmas was celebrated, New Years Eve Parties occurred, a drama club existed, perogies and cabbage rolls were made and sold. Bingos were called from the upstairs bandstand, and the hall was rented out to other organizations/families to use for their functions whether it was fish fries, weddings, or other fundraisers.

Peter Citulsky was the last president of the Taras Shevchenko Ukrainian society and in August 31, 2009 the society closed and the building was sold. The money that was left from that sale, was donated by the society to the Riverdale Personal Care Home and to the Rivers Train Station Restoration Committee "to be used as needed." All the information left and society records and items are in storage with the Train Station Committee.

It was only fitting that the west wall of the Zion



PHOTOS BY DONNA MORKEN

Jean and her son Dave live in Portage La Prairie now, Olga Stevenson lives in Brandon, Marlene Hayhurst lives in Rivers, Sylvia and Mike Maloney still live in Rivers, and Ron Citulsky lives on the farm northeast of Rivers.

Church Centre was used for a Ukrainian heritage mural. The members of the RTSRC committee (some of Ukrainian heritage) met with the mural artists that were chosen, Mary and Erica Lowe of Harding. Ideas, photos were given and the mural began to take shape.

While not everything could be placed on the wall that you will or have seen. There are 2 Ukrainian Dancers, sunflowers and poppies are important in Ukrainian Society, a basket of Ukrainian Easter eggs decorated with Ukrainian patterns, as are the patterns around the windows. There is a Ukrainian Flag, Tryzub on each side (Ukrainian trident), a Motanka Doll (a guardian for all), willow trees, wheat, and rolling fields. The furthest south part of the mural shows a woman and her child using a clay oven to provide their meals, a Buddha (a hut made of willow tree trunks, branches, sod and

hay) where they lived until their homesteads or land was being identified. Then of course the Ukrainian Hall being built and the first steam engine train to roll across the prairies, number 2747.

Lastly, the Ukrainian word "Bitavimo" means Welcome. And that is what we wish to say to all who live and travel through here.

Engage **MB**



Have Your Say on Manitoba's Poverty Reduction Strategy



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Visit EngageMB.ca to participate or learn more about meeting locations near you.



NDP's approach to moose hunting is unacceptable

Under the Dome

Submitted

By MLA GREG NESBITT

Pimicikamak Okimawin
(Cross Lake First Nation)

is demanding unilateral

control over moose hunting in a portion of their territory in northern Manitoba.

The demand is based on novel and unproven assertions about the scope of Pimicikamak Okimawin rights and the status of moose populations in the area.

The answer to the demand, either from the NDP government or the court, has the potential to transform the landscape for resource management in this province.

In response to Pimicikamak Okimawin's legal challenge, the Manitoba Wildlife Federation (MWF) has brought a legal challenge of its own to the government's moose hunting decisions. While the MWF and Pimicikamak may disagree on the right approach going forward, they are in agreement that the government's current approach is unacceptable.

Hunters who have been drawn to harvest moose in the area under question are rightfully concerned about the First Nation's warning that non-indigenous hunters are not welcome.

The MWF have held information meetings in the north to discuss issues facing Manitoba hunters, and will hold evening sessions in Russell on Wednesday, Oct. 16 and in Swan River on Thursday, Oct. 17.

With the Manitoba Legislature resuming on Wednesday, Oct. 2, the NDP government is continuing to try to pass its budget implementation bill that was introduced last spring.

Manitobans have good reason to be concerned about this omnibus bill - the Budget Implementation and Tax Statutes Amendment Act - because it contains other pieces of legislation that would be harmful to our province. And the budget implementation bill will not go through a regular committee process for full and proper public scrutiny.

Essentially, the NDP is using this budget implementation legislation to try to quietly push through and pass controversial new laws that it knows most Manitobans don't want.

One of the contentious bills within the wider budget legislation is the Labour Relations Amendment Act, which would be damaging to businesses and to business-labour relations in our province. If it becomes law, it would eliminate mandatory secret-ballot voting for workplace



PHOTO BY METRO CREATIVE

union certification - the secret-ballot voting that our previous PC government had put in place for fairness and democracy in the workplace. By removing secret ballots with certification votes, the NDP legislation would allow pressure and intimidation from union representatives toward employees.

The bill would also allow automatic union certification if 50 per cent of the members of a proposed bargaining unit sign union card and would open the door to automatic certification even before that threshold is reached.

In addition, the Labour Relations Amendment Act would make it difficult for employers to use replacement workers during work stoppages.

The NDP's inclusion of this labour legislation in the larger budget bill means that alarming changes to workplace democracy and essential services would be made without allowing Manitobans to make presentations to a legislative committee in order to request amendments.

Making matters worse for democracy in Manitoba, the Labour Relations Amendment Act is only one of several bills that Wab Kinew's government is hiding in the budget legislation. Other bills the

NDP is trying to push through in this way, outside the view of Manitobans, deal with election financing, the environment, Manitoba Hydro and advocacy for seniors.

I wrote several letters to the Minister of Transportation and Infrastructure about the condition of highways and the NDP's plans for repairs of various roads in the Riding Mountain constituency, including Provincial Trunk Highways (PTH) 24 and 41, and Provincial Road (PR) 475.

One letter, written on June 13, received a response from the Hon. Lisa Naylor on Sept. 4. Despite the nearly two-month delay in responding, the letter contained some encouraging news.

The letter indicated a wet May and June resulted in the formation of potholes and gravel deterioration along the provincial highway network and made road maintenance more challenging. The Minister confirmed that pothole repairs were underway on the three highways I asked about.

No timelines were provided but the Minister indicated two projects are planned in the area. A surface preservation project on PTH 41 from PR 545 to PTH 42 (St. Lazare area), and a surface rehabilitation project on PTH 24 from the north junction of PR 270 to PTH 10.

As well she says that Manitoba Transportation and Infrastructure is considering upgrades to PR 475 and additional sections of PTH 24 and PTH 41 in future capital programming.

In the meantime, the Minister promised that the department "will continue to monitor conditions along these routes and perform regular maintenance and repairs as necessary."

Greg Nesbitt is the Member of Legislative Assembly for the Riding Mountain constituency. He can be reached at 204-759-3313, toll-free 1-844-877-7767 or by email at gregnesbittmla@mymts.net. When writing to MLA Nesbitt, please provide a mailing address and daytime phone number, for contact purposes.

Manitoba government to extend gas tax holiday to December 31

Manitobans will continue to save at the pump Until the End of the Year

Submitted

By MB GOVERNMENT

The Manitoba government intends to extend the gas tax holiday until the end of the calendar year, Premier Wab Kinew announced today.

"Since we cut the gas tax in January, inflation has gone down in Manitoba," said Kinew. "This is what governments are for. We know Manitobans are still struggling with the impact

of interest rates and grocery prices so we're going to continue to step up and save you 14 cents at the pump."

The current gas tax holiday on gasoline and diesel used to operate motor vehicles will be extended until Dec. 31, noted the premier.

The premier noted the people who drive the most popular type of vehicle in the province, a pickup truck, will save around \$14 every time they fuel

up. The Manitoba Bureau of Statistics estimates the gas tax holiday has directly contributed to a decrease of 0.4 percentage points to inflation.

Since the introduction of the gas tax holiday, Manitoba has had the lowest average retail price on gasoline in Canada and inflation has dropped to within the Bank of Canada's target inflation range of one to three per cent.

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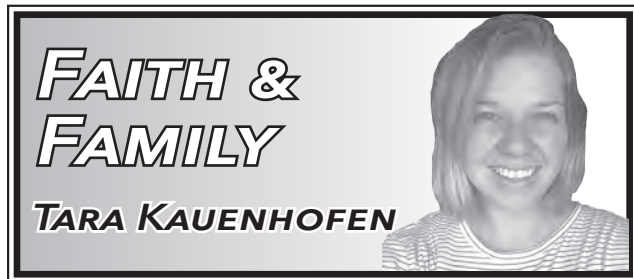
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Waves and wind

We spent this past weekend camping, soaking in the last little bits of summer. The heat from the sun offset the frigid water at the beach, the trees a mix of green, yellow, orange, red and some with no leaves at all.

All clear signs that fall has arrived and winter is on its way soon enough.

The second to last day of our trip the wind came howling into our campsite, and if you know me, you know I do NOT like the wind.

I will sit outside and watch a thunderstorm, completely in awe of the lightning dancing across the sky and through the clouds.

I'll watch hail come pebbling down as it seems to act like jumping beans, bouncing off the ground and seemingly 'hopping' up out of the grass.

But the wind? Makes me deeply uncomfortable and sometimes, when it's strong enough, fearful.

The wind reminds me that there are mighty forces outside my control, the wind that can make trees crack and bend in half, can take leaves right off, rip shingles off the roof.

The wind that can turn into a tornado, tearing apart everything in its path with no mercy.

As I sat and watched the trees at our campsite, as I heard the cracking of branches, I wanted nothing more than to crawl into a hole and hide until the world was calm again.

And all I could think was, how often do we walk through seasons of life like that?

Where we are deeply uncomfortable, we want to feel forward motion, we want to walk through the discomfort (or sometimes run as fast as we can AWAY from it).

We want to crawl into bed and hide until the storm passes, until everything is bright and sunny again.

But God, in his infinite wisdom and omniscience, says, "Hold.Your.Post."

He asks us to stand in the gap, between the season of life you came from, to the one on the other side of the wind.

He says to stand in the wind so we are reminded that he is God, He is good, and He is in control. That the waves and the wind storms of life know his name and obey his call to be still, in his time, in his way.

We are asked to halt and hold in the gap, in the wind, so we can be reminded where our help comes from and who we are truly to rely on.

The wind may have made me uncomfortable that day, but I stood, I closed my eyes and I listened and was reminded to hold my post, to trust that he has guided my steps THROUGH the storm, and in his perfect timing I WILL come out on the other side.

Understanding anxiety: Signs, symptoms, and coping strategies

YOUR LISTENING EAR
DELSIE MARTIN

Anxiety is a feeling that we will all cope with at some point in our lives however, people will feel it in different intensities for different durations. If you've never experience intense anxiety, the feeling can be quite scary and leave you with a feeling of helplessness. My goal today, is to help you feel informed about your anxiety and have some practical tools that can help you.

Anxiety is that looming feeling that something just isn't right. It makes you feel like someone is out to get you, like you are powerless to affect change in your life and like your life is out of control. When people experience anxiety, they may feel like they have a heavy/tight chest, a racing heart, they may get tingly sensations over their body, they may feel sweaty and hot, like their thoughts are racing and like they are losing control. Inside their head, they may have thoughts like, "I can't do this", "It's all too much" or "Something bad is going to happen". From the outside, people might observe someone who is restless (tapping their fingers or fidgeting), tense posture, rapid breathing or sighing, or someone speaking quickly. They might also observe someone withdrawing into themselves, avoiding eye contact, retreating from social settings, or frequently apologizing. Anxiety is an intense feeling, a scary feeling but not something that is unsolvable.

Noticing your per-

sonal symptoms of anxiety is the first step to addressing them. First, recognize when anxiety is coming on. These could be small signs like sweaty palms or a tight chest. Then, when you notice that anxiety is coming, don't assume that you don't need strategies to address it. We all need strategies to work our way through our anxiety. Once you recognize the anxiety com-

ing, launch into deep breathing to calm the nervous system.

- A deep breathing meditation: Breathe in, hold at the top of the breath for 5 seconds and then breathe out, taking that breath out as slowly as you possibly can. Repeat this breath as many times as you need (stopping if you get lightheaded)

- As you breathe, say to yourself a coping thought to calm the mind. A coping thought is any thought that brings you peace. I use the coping thought, "I'm OK, I've got this". Other folks may use, "Breathe", "This too shall pass" or "I am loved".

- Then, use a distract-

tion technique. This can be anything that works for you, but some folks might, walk the dog, phone a friend, play a video game, watch a YouTube video, color or draw.

These strategies take practice because you must teach your brain how to be soothed but with time, repetition and patience, they will make a big difference in your ability to manage anxiety. Anxiety is a normal bodily response so give yourself some grace when you experience it. It doesn't mean you aren't handling things well; it doesn't mean that you are damaged, it means that you are human. You've got this!



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Letter to the Editor

I am writing in regard to a problem I have had with the RM of Oakview. It appears some one has been in an area along the Oak River that is next to being backcountry as the only ones that really know the area is myself and a neighbour that I rent pasture to. This person reported to the RM that there was a beaver dam on the river, and it was causing a problem. The RM immediately contacted the animal exterminator. Yes, he did try to contact me, instead of using 566 number and his AKA he used a number 50 miles away and his given name. I thought it was a scam and ignored the call. Then he trespassed across my land to this area and disposed of the beavers and on the way out he dumped the carcass without their hides in the scrub along the trail thinking no one would find them. He forgot about my coon hound as she found them and dragged it out of the bush. What a gross looking thing. How could anyone do this to a small defenseless animal that has not caused any problem or harm. I do not think he has a soul and has replaced it with a hard heart.

In conclusion:

1. This person has no rights in this area. The only ones that can report a problem is the supervisor of public works and the landowner. This person has shown they know very little about nature and they are not welcome to use the nature trail as they only know how to destroy nature. I suggest you buy a book about nature or talk to Ken Kingdon.

2. Animal Exterminator, you are in the same class as the person above. You know as little about nature as they do. Besides my land is in conservation and I do not allow hunting or trapping. You can remain in town and be a city slicker.

3. RM is left to the administrator. After talking with the young lady there, we both know a mistake was made. I do not expect her to go out into this area to check but the supervisor or myself would be very willing to have helped her. We will put this down to experience.

With all the problems my neighbour and I have had over the years this will be the last year for the trail as I have decided to close the nature trail. I would like to thank the staff at the RM for their excellent work in maintaining the trail for the last 25 years and also a big thank you to the late Jim Brown for organizing and work to get the trail started.

Thank-you
John (Jack) Day
Oak River, MB

New 2024 hunting game tags now available

Submitted
MB HUNTING GUIDE

New game tags have been issued in this hunting game tag package in time for 2024 fall hunting season. The 2024 game tag features a new colour and an optional biological sample section to enhance Chronic Wasting Disease (CWD) monitoring.

The yellow tags from previous years are still valid as long as they have not expired; please check the expiry year on the top right side of all tags.

The Manitoba government encourages hunters to

fill out the biological sample section of their new game tag when hunting in the CWD Surveillance Zone. By providing all the necessary information identified on the game tag and submitting that as part of your sample, you're doing your part to help us manage CWD in Manitoba.

The biological sample section of the new game tag is optional and does not replace the requirement to complete the Wildlife Sample Receipt form when dropping off your samples at the drop-off depots.

For more information on the new game tag, or to learn more about CWD, visit Manitoba.ca/wildlife.



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Rivers UC thrift sale attracts buyers from near and far



Submitted
BY LYNN MADDEN

continued from page 1

We want to thank all the people who supported the sale, the donors, the ones who came to check us out and hopefully found a treasure.

We advertise in the Rivers Banner. Heather Gray does a couple of live videos and posts on Facebook and Greg Kowalchuk and Megan Lelonde make posters for around town.

We had people in from many surrounding towns plus some from far away that have moved to Manitoba. We have packed up what was left and taken the items to Teen Challenge in Brandon, to MCC, Rivers Collegiate or to whoever could use the items.

We met a lot of interesting people and enjoyed talking to them. We have two sales a year, one in April and again in September. Thanks to all who helped to make this sale so successful. See you again in April.

SUBMITTED PHOTOS

SUN

MON

TUE

WED

THU

FRI

SAT

COMMUNITY CALENDAR

Oct 4

5

45th Annual Arts West Travelling Gallery - Prairie Crocus Library

Haller Haunted Forest 8pm



Haller Haunted Forest 8pm

6

7

8

9



Haller Haunted Forest 8pm

10

11

12

45th Annual Arts West Travelling Gallery - Prairie Crocus Library

Blades United Figure Skating Tryouts



50 + Club Tile Rummy 1pm



Crib Night Rivers Legion 7pm



Haller Haunted Forest 8pm



Haller Haunted Forest 8pm

13

14

15

16

17

18

19

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Crib Night Rivers Legion 7pm

