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# RIVERS BANNER

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## Oak Lake Harvest Festival



Truco Trick Riders are "a team of fearless talented riders" from Saskatchewan, entertained the crowd with a heart stopping show.



Llamas and goats could be seen at the petting zoo.



Ken and Emily Jasper's colourful cooperative team provided hayrides throughout the afternoon.

PHOTOS BY ANNE DAVISON

By Anne Davison  
 RIVERS BANNER

On a warm fall afternoon, at Oak Lake's Harvest Festival the largest crowd in the event's three-year history visited one attraction after another on Saturday, Sept. 7. The town's agricultural grounds offered plenty of room for everything and everyone including the always popular hay ride that stopped in at regular intervals. Rachele Stannage, the RM of Sifton's recreation and economic development director organized this fun filled day. She noted, "800 people came through the gate." Favourite attractions returned but some things were new. "Each year we try to do something different, and add on to it each year." Trick riders and juggling, new items, were a big hit. The bouncy castles were different. A farmers' market, lawn

tractor pull, evening bingo and live music, as well as the Jasper Family's team on the hay rack are repeats of favourite features. And what's a festival without food vendors such as Beaver Tails? Straight Up Country, a band with Virden talent, entertained in the evening. Economically, Stannage said the festival did well, adding, "It was a good fundraising opportunity for the groups that help." Oak Lake Golf Course operated the beer garden, Oak Lake Care Centre ran the bingo and earned some money to help buy furniture for the new daycare, the food canteen was operated by Oak Lake Lions Club. Dirty Word Custom sponsored the lawn tractor pull and the car show, which included gleaming semi truck tractors, motorcycles, a wide variety of antique classics and barn finds and some more recent special vehicles.

## Inside...



**BACK TO SCHOOL**  
 P7



**GRADY MCNISH AT WHL CAMP**  
 P11



# Dirt Bike winners of the Rivers Dirt Rodeo



At Rivers Dirt Rodeo on September 1, 2024, the teacher receives the prize! Long time rider Alvin Lepp places third in the Vet 50 class. Having grown up with a valley in his back yard, and decades of racings, this is not his first rodeo.



Neighbour boys - Riley McLeod and Dannie Mann - participated in the Team race. After completing two laps each in their class race earlier, Dannie raced two more laps and Riley, one more. As you will see their competition was a little younger.



The weekend was possible due to many volunteers who gave up a weekend to prepare for the races. Local resident Shane McLeod, the neighbor who lives up the road from the track, was recognized for a "First place" job of helping out with many donated hours and tires.



One of the youngest participants of Redline Riding Academy, Luke Kroeger - son of Tyson and Kim Kroeger shows his stuff at the ripe old age of 6! Watching the 50cc class is one of the highlights of race day!



Shane McLeod rides through one of four river crossing that are part of each race. Everyone went home with soggy socks and boots. One rider was ready to resort to putting plastic bags in his boots...just like when he was little.

*FAITH & FAMILY*

*TARA KAUEHOFEN*



## There is a season

Summer has and always will be one of my favourite seasons.

The sun heat beating down on my face, the freckles on my son's nose, telling the tale of hours spent outside, playing without a care in the world.

The late evenings are spent soaking in the calming cracklings of the fireside, while our boys stay up after the age old 'five more minutes' game turns into 25 because they are only little once, and summer is fleeting.

But as I wandered outside in my yard this week, slowly taking in the quiet babbling of the creek, the birds singing in the trees, the breeze gently rustling over the leaves like a dance; I noticed the tell-tale signs that my favourite season is coming to a close for yet another year.

The leaves on the trees that start out as such vibrantly green buds that burst into an array of different hues of green in the spring start to show signs of fall.

The once solid green starts to melt to yellow and orange and burgundy.

My garden, once only holding the tiny shoots that fight to come to the surface of the dirt to find the sunshine, now runs wild and full of life. Tomatoes, carrots, garlic and squash all become ripe for the picking, all at the same time as it always seems to happen.

As I was walking and taking in the inevitable change, I was reminded that just as the seasons change year to year, so do the seasons of our lives shift and morph.

I was reminded of God's faithfulness, his goodness and provision.

I was reminded that he has a good and perfect plan for each of us, if he has a plan for each season to thrive in its own way, to have purpose, how much more must he have great and wonderful plans for you and I.

I was reminded that even if a season I have LOVED is coming to a close, he has a purpose. Even if I'm walking in a season that feels like the dead of winter, he has a plan.

Friend, know that God wastes NOTHING, from the time of growth to the time of rest and hibernation, to the time of heat and warmth, to the time of coolness and change. He has you safely tucked in his hands.

Breathe in that deep, crisp, cool, fall air and know deep inside you that whatever season you walk through he knows, he sees, and he will make it beautiful in unexpected and wonderful ways.

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**FAITHFULLY YOURS**  
**NEIL STROHSCHNEIN**  
**Tips for teachers, Part II**



Two thousand years ago, in one of the many private conversations Jesus had with his disciples, he spoke of the influence teachers can have on those they teach. "Students," he said, "when they are fully taught, will be just like their teachers." (see Luke 6:39-42)

Those words challenge teachers to be their best, to do their best and adhere to the highest possible standards of morality and integrity in the classroom and in their interactions with students outside of the classroom. Our communities are blessed with teachers who work hard to meet the standards set by this challenge. I pray that their efforts will succeed.

But these words also contain a warning. A famous quote, attributed to Greek philosopher Aristotle, says: "Give me a child until he is seven; and I will show you the man."

His words have not been ignored. Organizations and entities of all types (government, religious, educational and business) believe that if they can fill a child's mind with their ideas, philosophies

and beliefs; or if they can win a child's loyalty to their products or brands, they will have a devoted follower and loyal customer for life.

At different times in human history, authoritarian regimes have used the school system (especially early childhood classes) to indoctrinate children to such an extreme that they will renounce allegiances to family, community and traditional religious beliefs and swear total allegiance to the state and its leader.

That is why, through out their time in elementary, middle and high school, students need to be taught the value of critical thinking. Wikipedia defines critical thinking as "the analysis of available facts<<https://en.wikipedia.org/wiki/Fact>>, evidence<<https://en.wikipedia.org/wiki/Evidence>>, observations<<https://en.wikipedia.org/wiki/Observation>>, and arguments<<https://en.wikipedia.org/wiki/Argument>> that enable a person to form a judgement based on rational<<https://en.wikipedia.org/wiki/Rational>>, skeptical<<https://en.wikipedia.org/wiki/Skepticism>>, and unbiased<<https://en.wikipedia.org/wiki/Bias>> analyses and evaluation."

In an address to Christian leaders given many years ago, the late Dr. Howard Hendricks (Education professor at Dallas Theological Seminary) said that, in his view, "Christian leaders need to stop answering so many questions for the people and urge them to start questioning more answers." I

agree wholeheartedly with that statement.

We need to teach our children the importance of finding their own answers to some of life's questions. We need to show them where to find the best information available and how to discern fact from opinion. Then we can show them how to use the facts they find to discern answers that will be very difficult for others to refute. This is especially important when dealing with on-line material; where just about anyone can post just about anything about any subject and make their assumptions appear to be irrefutable truth. The critical thinking I've just described takes time to develop; Teachers are a vital part of the process.

A teacher's task is simple. Just ask students if they have facts to support any extreme statements they make. If they don't, show them how to "fact check" their statements so they can share their views in a manner that respects those who may not agree with them.

This country desperately needs leaders who will tell people the truth-not the truth they want us to hear and not the truth they think we want to hear-but the truth we need to hear to save our lives, to save our economy, to save our country and to save our world. Speaking this truth is a trait that must be learned; and there is no better place to learn it than in a school classroom, guided by a devoted teacher. Good luck in the coming year. Let the learning and critical thinking begin.

# From last weeks front page

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

**Word Bank**

- |            |             |            |                |
|------------|-------------|------------|----------------|
| 1. dirt    | 2. final    | 3. endless | 4. games       |
| 5. thrills | 6. hundreds | 7. gold    | 8. wheels      |
| 9. rodeo   | 10. infused | 11. column | 12. adrenaline |

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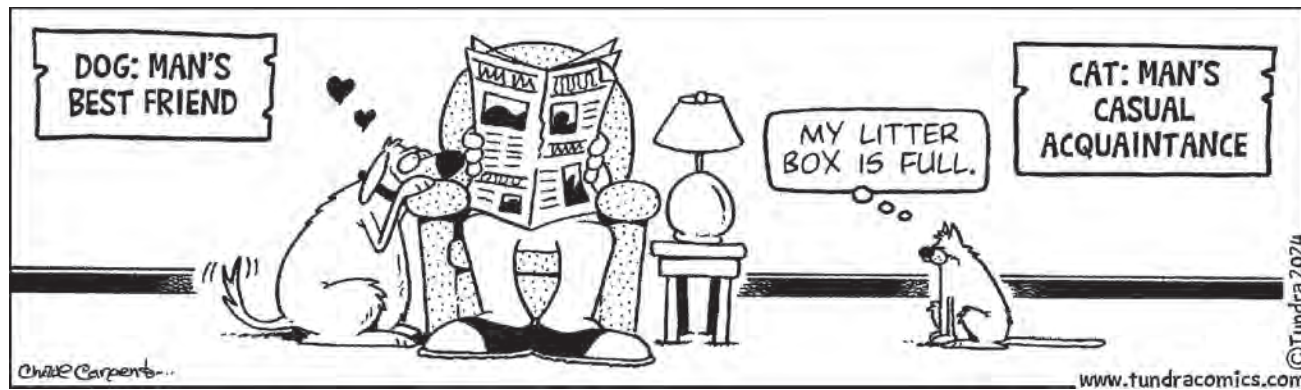
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# Tundra

By Chad Carpenter



## Flights of fancy...

If I could be a tree, I would be an oak. The Burr Oak is fairly common to Manitoba, and they played a part in my early years. Thin and straight they made wonderful fence posts, not needing to be pre treated to last a long time. Farm folks will know what I mean when I say that an oak post promoted expletives on a grand scale. More than once a carefully positioned staple would SPROOONG away when hit by the hammer. An oak log on the fire last thing at night guaranteed glowing coals in the morning, an easy start to the morning's warmth. I wondered a bit about my affinity with the oak so did a bit of research, there had to be more than fence posts, wonderful heating fuel and the perfect tree for a swing.

( I had already assessed the similarity in our shared ability to produce nuts!)

The oak tree is a symbol of strength. It is slow growing but grows to be a large tree, providing plenty of shade and a safe place for birds to nest. Converted to timber it is strong, hard and durable. Used to make wine barrels the oak adds distinctive flavour and scent. So, strong, slow growing, productive and nurturing- I'm still on board if we include mental and spiritual growth rather than physical! Interesting fact: about a third of the species is threatened with extinction due to climate change, pests and habitat loss. Translate that as my peers and I being threatened with aging and we have another match. Oak trees survive transplanting, grow well in cities for they can tolerate air pollution and thrive in various growing conditions. Yep, I've been moved more than once and have been planted in a variety of growing conditions and I'm still going strong. Our deep roots tolerate drought, and I've gone through a few of those; our thick bark allows us to survive forest fires. I am deep rooted and thick skinned! When I look at the facts I can see why the oak tree, even the common Burr Oak is the tree I'd want to be!

So which trees were culled? Did I look at my options? Well, I've grown up with the Manitoba Maple and it is fast growing, but a tad to careless for my liking. A tad too careless in that the branches/limbs stretch way beyond their means, bending low too the earth only to turn and once again reach for the sky. They are also very prolific! Those air borne seeds are a wonder to behold in flight, and if you miss one taking root in your raspberry patch, as an example, it very quickly establishes dominance. There are so many seeds... I admire birch trees. Admire but don't wish to be one. They often grow in clusters and I see a gaggle of girls giggling and sharing secrets. The birch wood is also wonderfully hot and clean when burning in a furnace or stove or campfire. They don't have the staying power of the oak.

After analyzing other trees, and analyzing many other trees, I will stick with wanting to be an oak.

## Canada Post is in trouble

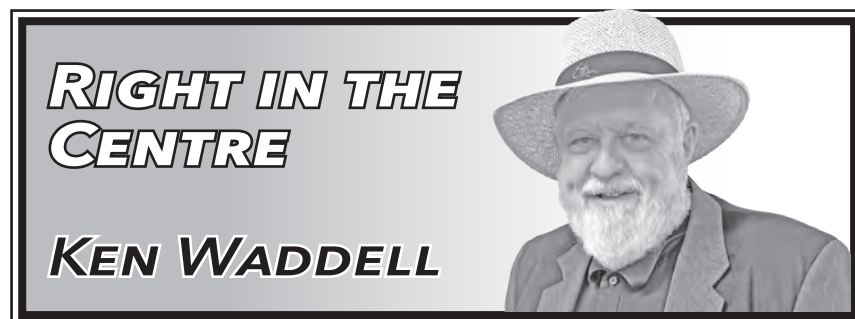
The government of Canada has a number of financial disasters on its hands. Some are ongoing like the CBC that sucks up \$1.3 billion a year in taxpayers money. Another is Canada Post as between 2018 and 2023 it has lost \$3 billion. In the first six months of 2024 CP has reportedly lost \$464 million. The Corporation has current loans and borrowings of \$1 billion, of which \$500 million is due for repayment in July 2025. At least \$1 billion in new borrowings or other liquidity measures are required for 2025, including refinancing \$500 million in existing debt.

A quick review of those figures don't add up as \$3.464 billion can't be covered by only a billion in debt so I can only assume that Canada Post is in deep trouble but they aren't sure how deep. I also assume that Canadian taxpayers are going to have to pony up the money to keep the post office afloat.

I have been going for the mail for nearly 60 years and Canada Post, as a corporation, hasn't kept up. The local post office staff have, for the most part, done an excellent job of serving their customers. As you go up the ladder, the service falls off pretty fast.

Two or three years ago, I needed to talk to someone and I had a list of three people who I occasionally phoned. I phoned them all twice and never got a reply. That was a bit annoying.

Then we started checking on newspaper deliveries and found that often papers that were taken to a post office on our regular Thursday schedule were taking as long as a week to get to nearby towns. We are a weekly paper and a 5-7 day delivery just isn't satisfactory. I think what was happening is that our paper bundles were going from one of the two post offices we used and getting hung up in a regional warehouse in behind the



Amazon deliveries.

There's only so many trucks and I guess the papers weren't a priority. Postal staff will tell you that First Class Mail (letters) are no longer a priority, parcels are. That obviously means that Third Class Mail (newspapers) slip even further down the ladder.

Addressed subscription papers can get to their destination in a week (we have tracked it as being that quick sometimes) but it's not unusual for two or even three newspapers to arrive on the same day so obviously CP staff somewhere are setting newspapers aside for a later date.

Canada Post is somewhat strangled by government regulations. They are mandated to deliver mail to every address in Canada. That is just not possible at current prices.

There has to be some changes. That said, in the 21st century, why do we still have rural routes. I know of one that is within six miles of a major town. Really? People would have to wait until they get home, after being at the coffee shop, to get their mail in their end-of-lane mailbox. There are a lot of rural routes that don't make sense. In urban areas, maybe door-to-door delivery could be three days a week instead of five or six.

I know I sound like an old guy but, we used to get our mail once a week and we had to drive to town to get it. If Canada Post wants to cut some costs, door to door might have to go.

There's another part of Canada Post that needs examination. CP has 23 people at the vice-president or higher level. Add to that they have many marketing people. Maybe if the people who are supposed to look after customers at the regional level would learn to answer the phone, things might go better.

All I know is that we only use Canada Post on a very limited basis and I also know that money we used to spend on Canada Post now goes into our employees and the cost of having three vehicles on the road.

Canada Post hasn't kept up with the times at all. Thirty years ago Canada Post wouldn't let local offices have a fax machine. Ironically, they came and paid to use our fax machine. Why aren't Canada Post offices used by Services Canada staff to meet with clients? Why don't they offer banking services, especially in towns that don't have a bank? Why are Canada Post employees allowed to go on strike? After we had struggled through three or four postal strikes, we got smart and started to find better ways to get our papers out to readers. The president of Canada Post has told the government they can't keep going. He's right and CP needs an overhaul or it just won't be there in a few years.

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# Where is Agriculture?

By Cam Dahl, General Manager  
MANITOBA PORK COUNCIL

This past January, the Government of Canada announced its “Team Canada” missions to the U.S., to promote Canadian exports in advance of the upcoming renegotiation of the Canada – U.S. – Mexico Agreement (CUSMA, the former NAFTA). The missions to State legislatures and the United States government are a good thing, but something is lacking. I have heard little mention of cross-border trade in agriculture and food products when the “Team Canada” missions are discussed.

Our federal government talks about securing trade vital to national security, but for some reason agriculture and food seem not to be included in the national security bucket. This is despite the fact that agriculture and food is one of our largest export sectors, accounting for about \$60 billion in exports to the U.S. annually.

Canada is an exporting nation and Manitoba is an exporting province. For example, 90 percent of the eight million pigs raised in Manitoba every year are exported, either as packages of pork shipped around the world or as live animal exports to the United States. The international agricultural landscape is witnessing a troubling trend towards protectionism, and these exports are at risk. Manitoba’s farmers and processors cannot afford market access restrictions and need our governments to aggressively fight for our interests.

What protectionist headwinds are farmers facing in the U.S. marketplace? There are state level regulations that reach beyond the borders of individual states, like Proposition 12 in California. Extra-territorial legislation by individual states fractures the integrated North American market for agriculture and food products, increases the price for consumers, and decreases the return for farmers. There is also a new country of origin

labelling law from the U.S. Department of Agriculture that will discriminate against Canadian pigs and cattle exported to the U.S. Again, this results in higher prices for consumers and lower returns for farmers. Canada needs to have a strategy to be much more assertive in pushing back against these new trade barriers.

New barriers to cross-border agriculture and food trade are appearing against the backdrop of the upcoming renegotiation of CUSMA. Canadian agriculture will almost certainly be a target, no matter who wins the U.S. elections this November. Canada needs to develop a comprehensive agriculture and food strategy as we approach the renegotiation of CUSMA. For starters, agriculture and food export interests should be included in outreach to state and national legislators. Agriculture should be part of “Team Canada”. Without a defined national strategy, developed in collaboration with farmers and processors, agricultural and food export interests may be overlooked, or even traded off, to protect other sectors when the CUSMA renegotiations take place.

Farmers have a reason to be wary that their trade interests will not be of primary concern. For example, when the Government of Canada announced a 100% tariff on imports of China-made electric vehicles and a 25% duty on Chinese steel and aluminum, China quickly responded by initiating a dumping probe on canola exports. It is hard to object to the Government of Canada taking action to protect Canadian jobs from unfair trading practices, however, farmers should not carry the costs if retaliatory measures are taken. The Government of Canada has seen fit to offset the impact



of trade agreements on other sectors of agriculture and the same consideration should be given if our exports become political targets. This needs to be part of the comprehensive agriculture and food trade strategy.

The Government of Manitoba also has a key role to play in protecting farmers’ market access. Premier Kinew recently created the Business and Jobs Council, which undertook a trade mission to the U.S. this spring. This is a positive step. However, our voice could be amplified, both in Washington and Ottawa, if there was a common agriculture trade strategy developed across the prairie provinces. Collaboration across Western Canada on agriculture and food trade should extend beyond the U.S. For example, it would be a breakthrough in collaborative government if Manitoba were to work with the other prairie governments to establish a presence in key Asia Pacific markets that are targeted for growth in agriculture trade from Western Canada.

Farmers who rely on international markets face significant market access threats that will have substantial negative impacts on incomes, especially in Western Canadian provinces, if we fail to act. There needs to be a concerted effort to develop a comprehensive agriculture and food trade strategy aimed at protecting the trade access we have today and breaking open new opportunities to offset protectionist threats. The development of this strategy must include farmers and processors, and it should include collaboration across provincial governments as well as the Government of Canada.

## SLOW-COOKER CHICKEN TORTILLA SOUP

Don't let the long list of ingredients fool you. All you do is dump everything into the slow cooker and walk away.

### Ingredients:

1 lb shredded, cooked chicken  
15 oz whole peeled tomatoes, mashed  
10 oz enchilada sauce  
4 oz can chopped green chile peppers  
1 medium onion, chopped  
2 cloves garlic, minced  
2 cups water  
1 (14.5 ounce) can chicken broth  
1 teaspoon cumin  
1 teaspoon chili powder  
1 teaspoon salt  
1/4 teaspoon black pepper  
1 bay leaf  
1 (10 ounce) package frozen corn  
1 tablespoon chopped cilantro  
7 corn tortillas  
2 tablespoons vegetable oil, or as needed

### Directions:

- 1) Gather all ingredients.
- 2) Place chicken, tomatoes, enchilada sauce, green chiles, onion, and garlic into a slow cooker.
- 3) Pour in water and chicken broth; season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours.
- 4) When the soup is almost finished, preheat the oven to 400 degrees F (200 degrees C). Lightly brush both sides of tortillas with oil.
- 5) Cut tortillas into strips, then spread on a baking sheet.
- 6) Bake in the preheated oven until crisp, 10 to 15 minutes.
- 7) Sprinkle tortilla strips over soup before serving. Garnish with grated Cheddar, avocados, and a splash of fresh lime juice.





# Bringing plants indoors in fall

Submitted

By PATRICIA HANBIDGE

When the school bells toll, it is often the true beginning of the fall season. For me this means that the winter season is coming and my tropical sanctuary in my backyard is done for another year. It is disappointing as the plants we subject to indoor living in our homes are really not very happy—even if they are catered to with grow lights and elevated humidity. Alas, it is one more example of falling short when we are trying to measure up to Mother Nature.

So if you are like me – during the summer months my home is airy and empty but during the winter months when we are all inside, my home is filled with an amazing array of plants. Kind of a

crazy backwards situation but I guess it is the reality of living in Canada on the prairies. So how do I safely bring in my plants and not the vast array of little creatures that also are living outside? Well, it takes some work and a variety of chores.

As the nighttime temperatures begin to drop, my watering that is done with a hose and spray nozzle is aimed at washing off the leaves and stems of the plants each time I water. The spider webs quickly come back but the dust and other materials that are adhered to the leaves seem to disappear. Generally, this task occurs a few times and with frequency as other production plants, like tomatoes and peppers are generally being watered daily.

Prior to the temperature dropping much below 10

C (50 F) these tasks need to occur to alleviate the chance of cold temperature damage to tropical and subtropical plants. The plants are removed from their shady summer homes and thoroughly sprayed with air via my favourite garden tool – a commercial gas-powered blower. Sometimes a shop vac is also utilized if there has been a lot of debris accumulating on the surface of the media.

For those plants that I suspect have enticed soil borne critters to find a nice winter home, these pots are submerged in tepid water for 15 or 20 minutes. Due to the lack of oxygen, any freeloaders will quickly exit through the drainage holes they entered through and float to the surface of the water where they are skimmed off and return to their less-hospitable home



SUBMITTED PHOTO

environments. Take care to then place plant trays beneath the plants that are clean or on a solid surface that is free from the smaller critters. Let them drain well.

Any pests that are obvious are removed and then every plant (except those that are pubescent or fern-like) are then sprayed liberally with Neem which is an extract from the Neem tree and liberally used in the skin/cosmetic industry. For a short period of time, Neem did make the Pesticide Regulatory list in Canada but is no

longer a registered product. Some people love the scent of Neem while others find it quite distasteful so I let the plants dry for a few hours or a day or so but am careful that they are out of direct sunlight and in a safe environment so no new pests make it their home.

When the plants are moved inside, those needing higher light levels are placed under full spectrum grow lights and those that can tolerate lower light levels are also appropriately placed. Please note that my lemons and

limes, Bird of Paradise plants, Passion Flowers and those which I want to encourage blooms will need to be given higher light as well as fertilizer appropriate to the type of production of the plant. Also of note is this is the time of year that I plug in the humidifier to ensure that the humidity level in the home stays around 70 percent. The higher humidity in my home as winter descends makes it more comfortable and those humanoids that dwell here are most definitely happier and healthier!

# Fall care of Raspberries

Submitted

By PATRICIA HANBIDGE

Raspberries are a great addition to your snacking garden. They are relatively carefree with only needing some pruning once or twice a year. Most of the raspberries we grow are florican varieties. What this means is the flower and fruit on two-year old wood. The first year, florican raspberries only have vegetative growth and in the second year they will fruit. Primocane raspberries flower and fruit on the current year's wood or essentially every year. As we move truly into fall, it is a great time to get out to the garden and prune your raspberries. It will get you out in the sun and enjoying the crispness to the air.

Raspberries have a very long-lived root system. Therefore, with whatever type of raspberry you are growing, a vigorous pruning once a year will suffice. Primocane raspberries can be pruned right back to the ground in the autumn when fruiting is finished. For florican raspberries, in spring canes will emerge and grow throughout the summer producing only leaves. The following growing season, the canes will branch out and produce flowers and then fruit. Following fruiting those two-year old canes will die off.

It is habitual to finish the harvesting of the fruit and then not go back to the raspberry patch until spring. However, the best time to remove the spent canes is after the last fruit has been picked. The advantage of this is the stand is less "full" and has increased air flow. This will decrease the possibility of disease and

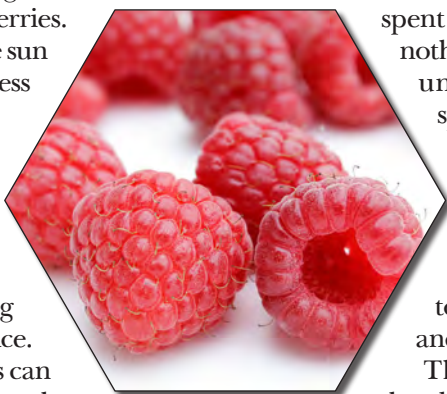
insect problems. For example, if you had a spider mite problem in your raspberry patch, quickly removing the spent canes will almost eradicate the problem. Remove old canes at ground level and send them to the landfill if there have been insect or disease problems.

If you have never pruned raspberries a bit of preparation should be taken. Ensure you wear long sleeves and sturdy leather gloves to minimize the damage to the pruner! A good pair of pruning shears or loppers will also make the task a bit easier. Enlisting strong help is also something to consider!

Once the removal of the spent canes is done, then nothing further is required until spring. In early spring, when the new growth is just beginning to emerge, it is a good idea to selectively remove some of the new canes to narrow row widths and thin the stand.

The width of the row should be maintained at about 30 to 46 cm (12 to 18 inches) with individual canes being spaced no closer than 15 to 23 cm (6 to 9 inches) apart. Optimum yields are achieved where canes are thinned to a density of four or five canes per linear foot of row. Remove the shortest, thinnest, weakest, and any that appear to have sustained winter injury. A strong relationship exists between a cane's thickness and its productivity, so the thickest canes should be left. A thinner, less dense stand will result in higher yields.

Pruning your raspberry patch properly will result in a longer lived, healthier patch that produces more of that delectable fruit!



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On August 8, 2024, CPMB Family and Friends gathered to celebrate 50 years of the Cerebral Palsy Association of Manitoba's success! THANK YOU Members, Sponsors and Volunteers—we could not do this without you! #CPProud



Welcome CPMB Westman-Committee and Members from Brandon and Boissevain



CPMB Board Members Tara, Matt and Hayley & (at left) friends Anabela and Jennifer



Bjorn, Glenn, Darren, Sarah, Gabrielle, Ken and Roger—We couldn't do this without you!



Thank you Tracy, Laura, Karen, Connie, Elwood and Eric—CPMB is strong because of all of you!



Thank you Table Sponsor Northway Pharmacy for hosting Brian, Anne, Charissa & Tyson



Well done Lorraine & Chantal, Happy Anniversary to Rachel & Scott and thank you Ryder!



(L-r) CPMB Members Tracy, Kristen, Birnie, and Wendy



Thanks Klassen Family! 50/50 winner—Congrats Amanda!





# Manitoba government announces universal school nutrition program available across Manitoba

## Food now available in every school for every kid who needs it: Kinew

**Submitted**  
MANITOBA GOVERNMENT

Students heading back to class will now be able to get a nutritious meal or snack when they need one, with the universal school nutrition program now available in every school in the province, Premier Wab Kinew and Education and Early Childhood Learning Minister Nello Altomare announced today.

“Kids can’t learn on an empty stomach,” said Kinew. “We made a commitment to Manitoba families that we’d make sure kids across our province had access to food when they go to school, and we’ve delivered on that promise. As kids head back to class this week, they’ll be able to get a meal or a snack when they need one, so they can concentrate, learn and reach their full potential.”

The Manitoba government committed \$30 million in Budget 2024 to make a meal or snack available to students across the province.

“Manitoba is leading the country in school nutrition by making sure there is food available in every school,” said Altomare. “This back-to-school week is the first week we’ll see food in every school in the province. This is an important step in making sure every kid in Manitoba is set up to succeed in school and grow up healthy.”

Approximately \$21 million has been allocated to public schools within the 37 school divisions, with \$6 million being specifically earmarked for 50 schools in communities with the high socio-economic need.

Ahead of the full rollout of the school nutrition program this fall, the Department of Education and Early Childhood Learning worked with schools and school divisions to develop and implement nutrition programming to meet the needs of students and families in their community, with the goal of ensuring any child who needs it will be able to access food at school.

“Knowing that my kids will receive a nutritious snack or meal at school everyday not only makes my life easier but assures me that this government is putting our kids first,” said Paige Robertson, mother of a kindergarten student at Ste. Anne Elementary. “As any parent knows, a well-fed kid is a happy kid who is ready to learn.”

“The funds that RETSD received from the Manitoba government will enhance the nutritional programs across all of our schools, allowing us to better support and meet the growing needs of our students,” said Sandra Herbst, superintendent and CEO, River East Transcona School Division. “When students have consistent access to nutritious food, our schools are better equipped to fulfil our core mandate



PHOTO BY METRO CREATIVE

of teaching and learning.”

The remainder of the funding is being provided to a number of key community partners including the Child Nutrition Council of Manitoba. Grant funding has also been provided to community organizations and school divisions for after-school, summer and school break nutrition programs.

# Back to school can mean the return of lice

**Submitted**  
BY METRO CREATIVE

The start of a new school year often means shopping for supplies, making new friends and getting acclimated to the teaching styles of new teachers. Unfortunately, a new school year also can mean head lice.

The Centers for Disease Control and Prevention says there is no precise data regarding how many people get head lice each year. However, an estimated six to 12 million infestations occur each year in the United States among children between the ages of three and 11.

What is head lice?

The Minnesota Department of Health says a head louse is an insect that can infest people. Lice make their homes in human hair and feed on blood. Head lice multiply rapidly by laying small, gray-colored, oval-shaped eggs known as nits. The nits are sticky and attach to the base of the hair close to the scalp. Unlike other blood-sucking insects, such as mosquitoes or ticks, head lice are not known to spread disease.

Who gets head lice?

Head lice do not discriminate when they choose a person. They are equal opportunity feeders and will hop on just about any scalp for a meal. Head lice are not indicative of a lack of hygiene.

The CDC says infestation with head lice is most common among preschool- and elementary school-aged children and members of their household, including caretakers.

What are the signs of head lice?

Itching is the most common symptom of head lice, says the Mayo Clinic. A louse bite causes an allergic reaction. Itchiness may occur on the scalp, neck and ears. During visual inspections of the hair and scalp, one may be able to see lice and nits. However, both

the eggs and the lice themselves are very small, so it can be challenging to spot them.

Parents and caregivers who suspect a child has lice should consult with a school nurse or a pediatrician. Studies show that many children are treated for head lice with home remedies or nonprescription medications when they didn’t even have lice. Dandruff, residue from hair products, scabs, or even dirt can be mistaken for lice.

How can head lice be prevented?

The most common way to contract head lice is through head-to-head contact. Children should avoid head contact during play and other activities at school and home. Although transmission through shared brushes, combs, towels, hats, and clothing is less common, it is still possible, so sharing of these items should be discouraged.

The CDC says using a hot water cycle in the laundry and the high heat drying cycle can kill head lice on clothing and other items. Seal items that cannot be washed in a plastic bag and store them for two weeks.

Vacuum the floor and furniture to remove any nits or lice that have fallen off the head. Fumigant sprays or fogs, which can be toxic if inhaled, are not necessary to control head lice, indicates the CDC.

A new school year may compel families to think about lice. Although lice is a nuisance, infestations can be treated.

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## CORRECTION:

Organizers of the Rivers Tractor Trek, page 8, Aug. 30 edition

Ross Argue accepting on behalf of the Hamiota District Health Centre Foundation not Cam



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**REMINDER NOTICE OF PUBLIC HEARING**

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**to share your views about the rate application filed by Manitoba Public Insurance**

The Manitoba Public Insurance Corporation (MPI) has filed the 2025 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2025 through March 31, 2026.

For further details, please contact MPI at [inquiries@mpi.mb.ca](mailto:inquiries@mpi.mb.ca) or visit the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

A public hearing on the proposed rate application will be held beginning:

**Monday, October 21, 2024 at 9:00 a.m.**

Please view the hearing via the PUB website link:  
<http://www.pubmanitoba.ca/v1/live-stream.html>

If you are interested in learning more about this rate application, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 8, 2024**.

For more information, visit [www.pubmanitoba.ca](http://www.pubmanitoba.ca)

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# SPORTS

## McNISH COMPETES IN WHL TRAINING CAMP



PHOTO BY ERICA PERREAU

By Robin Wark  
RIVERS BANNER

Rivers' Grady McNish got an opportunity to see what the Western Hockey League is all about.

The talented 15-year-old son of Dana and Kenzie McNish recently attended the Lethbridge (Alta.) Hurricanes' training camp. The event featured 53 players and was held Aug. 29-Sept. 1. He said what he enjoyed most about the training camp was the "fast paced competition."

"It was a lot faster than U15 AAA," McNish said. "Not near as much time to make a play, had to make quick decisions."

In May, the Hurricanes selected McNish in the 2024 WHL Prospects Draft. They got the forward in the ninth round with the 190th overall pick.

How did McNish learn about his selection?

"My dad yelled to me in my room that I had gone to Lethbridge and then a few buddies sent through messages right after," he said. "I was happy for the opportunity."

Fifteen-year-olds can only play a limited number of games at the major junior level. So, while the Hurricanes and junior hockey might be his future, the Manitoba U18 AAA Hockey League is likely his present. Of attending camp with the Hurricanes, McNish said:

"I'm hoping it has me ready for U18 AAA tryouts. They worked us hard to get their team conditioned."

McNish attended the U18 AAA Yellowhead Chiefs tryouts, which began on Sept. 5. He said before the tryouts that, "My goal is to play with them this season. Looking forward to testing my skills against the older players and hopefully a

deep playoff run."

McNish is looking to crack the U18 roster after two stellar seasons with the Chiefs organization at the U15 AAA level. Last season he was named the team's Top Offensive Player and shared the MVP award with Tyson Bridge, a defenceman from Hamiota. McNish scored 25 goals and recorded 21 assists for 46 points in 32 regular season games.

In the playoffs, McNish was a force. He averaged over a goal a game as well as 2.18 points. Over 11 postseason games, McNish lit the lamp 15 times. He had 24 points. His efforts helped his team to silver in the Hockey Manitoba U15 15 AAA Division II.

Hockey is not an individual sport. To make it to the AAA level, players need support from the "home team." McNish appreciates what his parents have done for him during his hockey career.

"My dad took turns coaching my sister (Payton) and my teams every other year, so I had him on the bench a lot for minor hockey," he said. "He coached my extended season and spring teams too. My mom makes sure I'm fed and she's spent a lot of time on the road and at the rink with me."

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## RAISE THE GLASS



Submitted  
By AARON TYCOLES

An update to keep the community informed about our progress in the Raise the Glass Project. We have currently raised \$35,314.62 of our project goal of \$75,000 with 3 weeks to go before the hockey school.

Support levels, platinum is \$5000

and up, gold is \$1000 to \$5000, silver is \$500 to \$1000, and bronze is \$500 and under.

Reminder taxable receipts can be issued on personal donations to the project made through Riverdale Municipality.

For more information on the project contact Aaron at 204-761-6264 or email [riversjetshockey@gmail.com](mailto:riversjetshockey@gmail.com).



# Manitoba government to open Brandon's first minor injury clinic this month

**Submitted**

MANITOBA GOVERNMENT

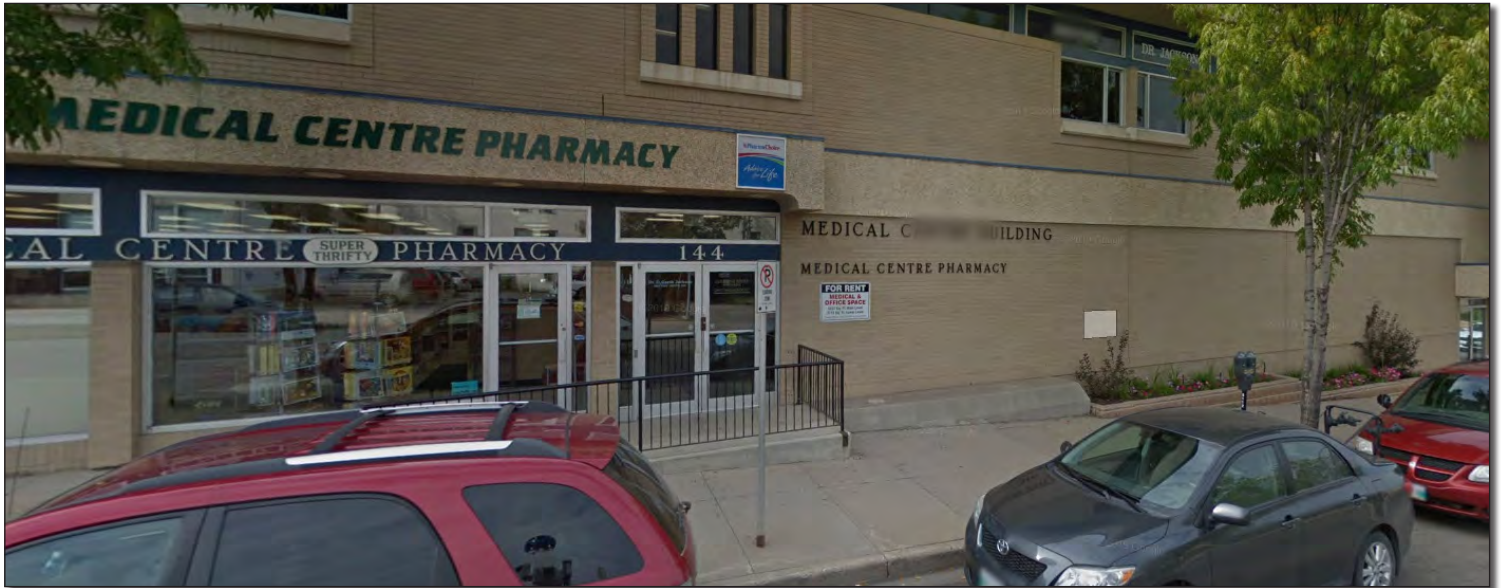
Brandon's first-ever minor injury clinic is set to open later this month at its new home on Sixth Street, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced today.

"This clinic is all about convenience and quick care for Brandon families," said Asagwara. "It's great news for parents when their kid needs stitches or a cast or anyone who needs to see a doctor for non-urgent care and doesn't want to spend hours in a waiting room. Our government promised to create more of these clinics across the province and I'm pleased we will soon open our first one in Brandon."

The Brandon Minor Injury and Illness Clinic will be located on the main level of 144 Sixth St. in Brandon and operate seven days a week, from 10 a.m. to 10 p.m. Patients will have an option to access walk-in care or book an appointment in advance.

"This new clinic will be a great alternative when you need care but do not require a visit to the emergency department," said Treena Slate, CEO, Prairie Mountain Health. "We are proud of how our staff have pulled together and are working hard to have this clinic open and ready to deliver high-quality patient care and ease the demand on emergency departments."

The clinic will be staffed by physicians, nurse practition-



Main level of 144 Sixth St. in Brandon, home of the new minor injury clinic.

FILE PHOTO

ers and other health-care professionals who will provide support for minor health concerns including minor injuries. Some examples include suspected fractures and sprains, rashes, fevers, sore throats or ears, abdominal pain, eye infections, colds and coughs. Staff will be able to further connect patients to additional services that may be needed, said Asagwara.

The clinic aligns with provincial goals to expand primary care capacity within the region.

"I'm so pleased to see that our government is moving forward with an expansion of the minor injury clinic model

for Brandon, which will connect Brandonites with the care they need," said Sport, Culture, Heritage and Tourism Minister Glen Simard. "Today's announcement shows that our government is making progress on our promise to fix health care across our province. Our government recognizes the task ahead, and we're up to the job of delivering for Manitobans and the Westman region."

Brandon's clinic is one of the first minor injury and illness clinics in the province alongside one operating on Corydon Avenue in Winnipeg and two more that are set to open in Winnipeg.

**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

## COMMUNITY CALENDAR

Sep 13

14



Rivers and District Chamber of Commerce  
FREE BBQ  
11a - 2p

15

16

17

18

19

20

21

50 + Club Tile  
Rummy  
1pm



Crib Night  
Rivers Legion  
7pm



**MEET THE TEACHERS SPECIAL NEWSPAPER FEATURE**

Rivers Mens Golf Tournament

Cowboy ride  
Lucky Break Ranch



Rivers United Church Carnival 7-9pm

22

23

24

25

26

27

28

50 + Club Tile  
Rummy  
1pm



Crib Night  
Rivers Legion  
7pm



**FARMERS' ADVOCATE SPECIAL NEWSPAPER FEATURE**