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# RIVERS BANNER

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## TWELVE RINKS, TWO WINNERS



PHOTOS BY JESSICA COULTER

Six teams compete to see who will win the Woodworth Legion Branch #118 annual curling bonspiel.



Woodworth Legion sports director, Don Carter, presents Oak Lake Legion team leader Murray Olive with his team's prize.

By Jessica Coulter
Rivers Banner

n Friday, January 3 and Saturday, January 4, the Woodworth

Legion hosted their annual curling bonspiel. Twelve rinks came from all over to compete. There were teams from Rivers, Virden, Oak River and Oak Lake. All games were eight ends.

In the end, there were two teams that tied for first place with a score of 38 points each, the Oak Lake Legion team and Tom Ryall's team from Rivers. To determine which team

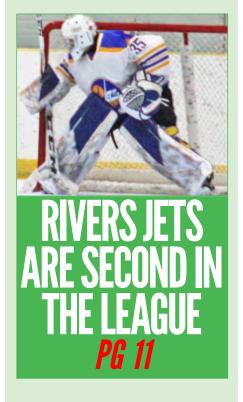


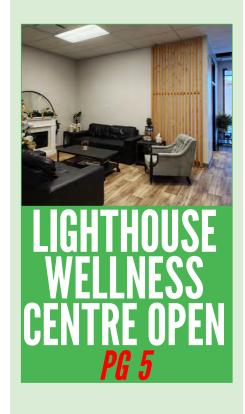
Woodworth Legion sports director, Don Carter, presents Rivers team leader Tom Ryall with his team's prize.

would receive the 1st place prize and which team would receive the second-place prize, each team pulled a card. The Oak Lake Legion pulled the high card from the deck of cards used for the Legion Chase the Ace.

Following the two-day curling event, the Legion Ladies Auxiliary served up a perfect roast beef supper with all the fixings and a half dozen different desserts for all to choose from. So many people came out for the supper, extra tables had to be set-up for all to have a place to sit.

## Inside...





# Trivia Night at the Woodworth Legion

By Gerry Nolan

RIVERS BANNER

Woodworth Legion in Kenton held a trivia night on December 20. We have already held 2 or 3 of these evenings after Chase the Ace and the event is becoming quite popular. Five teams of 5 or 6 people form a team to compete against one another.

Garry Draper who is vice-president of the legion is quiz master and spends lots of time researching the material.

There are 5 rounds of questions to which your team writes down their answer. There are 5 questions for each round and some bonus questions as well.

After the round, teams correct their own answers. When the teams correct their answers, Garry gives the correct answer, so we learn the correct answers to the questions we got wrong.

This last Friday, the Avengers came out on top with a 1-point victory. They got 89 out of a possible 100 points.



PHOTO BY CELIA NOLA

Garry Draper, middle of left row, gets ready to test the Woodworth Legion crowd on trivia night in Kenton.

Some of the questions that were asked were to name the 12 days of Christmas in order. Most of the teams got the 12 days but not necessarily in the correct order.

Garry then sang a line out of a Christmas carol, a total of 10 songs. Teams had to name that song. The teams then had to sing a couple of lines out of 1 of the songs to get a bonus point. There are some pretty good singers in Kenton. Each team applauded the other as they took

their turn singing some lines out of a carol. There were lots of laughs and a merry old time was had by all.

Thankyou to all who came out and took part in a special evening. April will be our next trivia night.

Word has it that the Woodworth Legion President Vaughn Wilson may be just pulling out the karaoke machine for an evening in February. If you are up for some fun come on out and take part, it will be fun!

## **Hamiota Medical Clinic new doctor**



SUBMITTED PHOTO

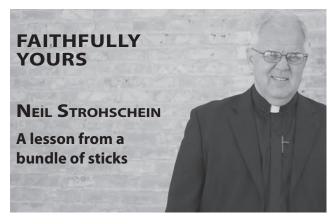
Dr. Laurel Stevenson - It's my pleasure to be joining Hamiota Medical Clinic as a family physician starting in January 2025. I grew up in Brandon, MB. and completed my undergraduate degree at Brandon University before studying Medicine at the University of Manitoba. I returned to Brandon for my Family residency, then started my practice at Western Medical Clinic in 2015. I also spent the first few years of my career holding a part-time position in the Brandon Hospital ER as a Emergency Room physician, practicing inpatient medicine on the wards, and delivering babies. My husband and I moved out to his grain farm south of Kenton in 2019, where we are raising our two children ages 7 and 5. I currently enjoy working in a clinic setting providing family practice care. I love getting to know the people in my practice and the privilege of being a part of their healthcare team. Outside of practicing medicine you might find me in the garden, in my kitchen, on a ski hill, or with my nose in a book. I look forward to working at Hamiota Medical Clinic!

# We're Engaged!

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n March 24, Canada's MPs and Senators will return to Ottawa following an extended winter break. By then, the Liberal party will have a new leader and Canada will have a new Prime Minister who will take office knowing that he or she must prepare for a general election that, by law must take place no later than October 21.

I expect that, by the time Parliament reconvenes, "election fever" will have reached epidemic proportions across Canada. Each political party will identify its key people, formulate positions on key issues and make statements designed to measure the public's reaction to their ideas. Party leaders will use those responses to devise platforms that they hope will convince voters that they are strong enough to defend this country against the threats it faces in 2025. After all, no political party (government or opposition) wants to be seen as "weak." But isn't that exactly where they need to be?

An ancient fable tells of a king whose six sons, knowing that their father's death was near, began fighting among themselves to determine which of them should succeed him. The wise king asked his servant to bring him 12 sticks, all of similar length and thickness, and a long piece of rope.

Calling his sons together, the king gave each of them a stick. "Break it!" he commanded; and each son was able to break the stick that had been given to him.

Then, using the rope, the king tied the remaining sticks into a tight bundle and handed it to each of his sons, beginning with the eldest. "Break it!" he commanded. Each son tried as hard as he could-but was unable to break that bundle of sticks.

"Now my sons," the king said, "You must learn the lesson from the bundle of sticks. If, when I die, our enemies see vou fighting amongst each other, they will invade, conquer and destroy the kingdom. But if you stand together as one person, if you speak as one, if you work as one, if you govern as one and if you fight as one, you will build a strong kingdom that no enemy will ever be able to conquer."

That is my New Year's message to the governments and people of Canada. "Learn the lesson from the bundle of sticks!!" Learn it well and learn it quickly; because we may need to draw on the wisdom it contains very soon.

In January, 1942, British Prime Minister Winston Churchill addressed a Joint Session of the United States Congress. He began by saying: "We (Great Britain and her allies) did not want to go to war. We let Germany, Japan and Italy know that we wanted peace. But we also told them that if they wanted to pick a fight, we would not back down." You can't say that unless you've learned the lesson from the bundle of sticks.

In 11 days we will know how the incoming US Administration plans to treat its northern and southern neighbors. President-elect Trump has made some of his intentions quite clear. Our political leaders need to stand and speak as one in defense of our country, its values and its freedoms. We must show the world that we have learned the lesson from the bundle of sticks and are not afraid to say: "This is how we will respond to anyone who threatens our sovereignty and security. It is our response today and it will be our response after the next election, whenever it is held and whichever party wins."

# Locally created crossword puzzle

#### Across

1 – Morphine, codeine or heroin7 – Plays the banjo13 – Contradiction but true

16 – Healers who use scents

18 – Pension account abbr. 19 – Beef stew in a crust

20 – Take a chair 21 – Sharif of "Lawrence of Arabia" 23 – Lillian Raines of "Guiding Light" 24 – Clock measurement

25 – Bowling alleys 27 – 14th letters

28 – Prefer (American spelling)

29 – Foes 31 – Pollen organ

33 – Hit on the head 34 – Test

35 – Pigeon perch 38 – Seamen

41 – Merchandise

42 – Shade of colour

44 – Belief

45 – Spherical bodies 46 – Storybook elephant 48 – Enterprise helmsman

49 – Sugary suffix

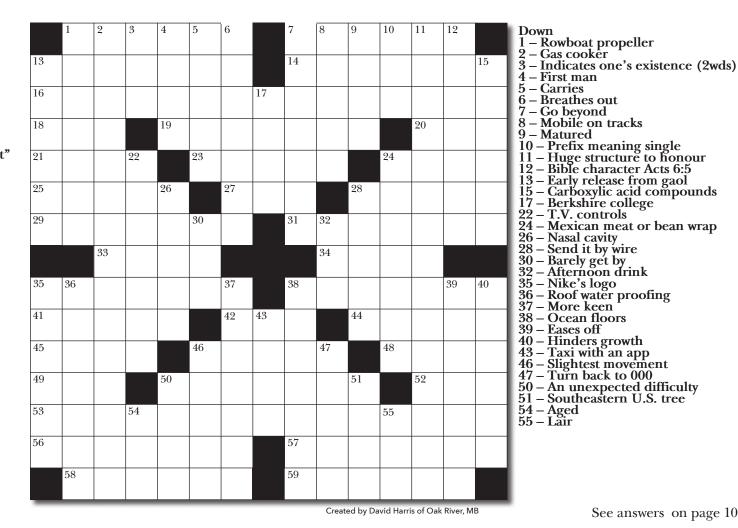
50 - Guaranteed win

John Adams (American leader)Commercial transport of goods

Catches to hold positions

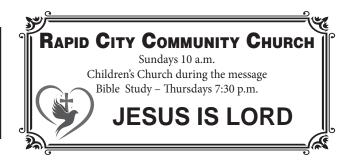
– Financial book

Periods of time served

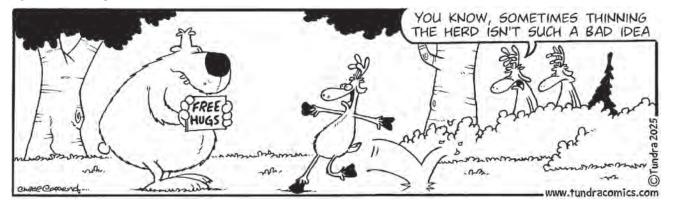








By Chad Carpenter



#### Thankfully, many changes are ahead!

The New Year always sets the stage for reflection on the past year(s) and it's always a good time to plan ahead.

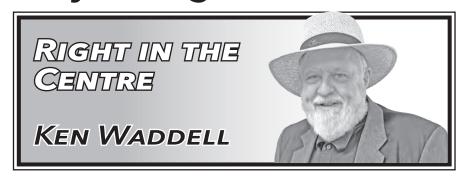
Let's start with the known things. No matter how upsetting world events have become, the sun will rise tomorrow. If it doesn't, we won't have anything to worry about anyway but I am nearly sure the sun will rise. The sun has a good track record.

Some would believe that we live in tough times and, to some extent, that is true. Prices are high, costs of running a household, a farm or a business seems out of control. Governments seem to have lost their minds. They are claiming to control costs but at the same time, they are doing some really questionable things. If people can spare a couple of hours, I encourage them to watch Jordan Peterson's interview with Pierre Poilievre. Whether you like or agree with either man, you owe it to yourself to examine what they have to say as they actually examine issues, problems, causes and solutions.

I know this sounds very biased but what Poilievre and Peterson cover contrasts starkly to what Prime Minister Trudeau has been telling us. Trudeau's answer to everything is "We as Liberals have always looked after the interests of Canadians and will continue to do so."

Well, I hope not as the Trudeau years have been a disaster for Canadians as the federal government has mismanaged just abut everything they have touched. From drug policy to housing to COVID-19 to electric cars, the feds have stumbled from one disaster to another. All that stumbling has been in a deep muddy ditch called national debt. From personal experience, we know that Canada Revenue Agency is about four years behind in their work.

The problem with the Liberal government is that just about every person who knew what needed to be done has quit and/or been forced out. The basic problem is at the top, it rests



with the Prime Minister and at the risk of being unkind, his resignation is good news. Canada has always needed strong leadership and we have not received it in recent years.

Trudeau's predecessor, Stephen Harper was a much stronger leader. Where he went off track was listening to what us political observers call "the boys in short pants", the political back room people who convinced the conservative leader that he had to take on some liberal stances so as to appeal to a broader voter base. I personally watched the former Manitoba leader, Hugh McFadyen, go down the same path. To his peril, he found out the hard way that conservatives make very poor liberals. Fancy logos and cute sayings don't make for firm and good government. Good financial management makes for good government.

So what needs to be done?

The bureaucracies have to be reined in. Canada, and Manitoba, spendalot of money, yes, waste a lot of money, without solid, well thought out plans. A prime example is the doctor shortage. We have been short of doctors for decades but have not raised our medical college out put enough. We should be training our own people to be doctors and medical staff. Double the output if needed. When the Allies in WWII needed more pilots and air crew to win the war, they trained them by the thousands in a matter of two to three years.

We should not be recruiting foreign doctors, other countries need them as badly as we do and they have paid for

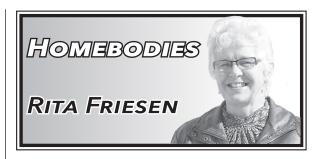
that training. We should be elevating, at great speed, approval of credentials of people who have immigrated to Canada be it in medicine or trades. I suspect there are doctors working jobs that are definitely not in the medical field.

Politics in Manitoba and Canada has become very dumbed down. There's lots of blame to go around causing the political downfall. Much of the blame rests with the media. Corporate ownership of media has killed off many newspapers,TV and radio stations. Fortunately, the corporate influence in newspapers has largely dwindled.

I will take my share of media blame but I am still plugging away trying to elevate political awareness. Many people don't understand the difference between government debt and deficit. Deficit is the annual financial shortfall. debt is the accumulation of the annual deficits. Sadly, both those numbers are huge, so big that most of us can't comprehend those kind of dollars. So part of the dumbing down process is how complacent we become about money.

The second dumbing down process takes place because some of the popular or trigger issues in a society. Politicians want to pump up the voters over issues that may be important but in actual fact are not pivotal. The only issues that really matter are the economy, public safety and national security. If the economy, public safety and national security are not kept both sacred and healthy, most other issues don't matter so much.

Please keep on learning and stay



## CBC and me.

ravelling alone it is CBC/Radio Canada that keeps me company. Admittedly, there are some programs that appeal to me more than others, most times I enjoy, and learn from them. For the first time, in a long time, the guest so intrigued me that I pulled over to the side of the road to make notes. I wanted to know about Bill T Jones from his interview with Tom Powers on the talking about art segment.

The probing question was what did Bill want from life. Three things: to always keep his eye on the prize, not to die alone, and to be mourned, when his time came, as a cherished elder. That hit me right in the 'feels' for several reasons.

To keep his eyes on the prize; to focus on his goals and how to achieve them. Bill T. Jones is an African American choreographer. The tenth of twelve children of migrant farm workers, Bill worked hard at school, embracing sports, until he was introduced to dance. He went on to pursue a career, a successful career with dance, starting a studio and company with his husband Arnie Zane. He spoke eloquently of the obstacles they faced as a mixed race couple, the toll of AIDS in their circle of friends and associates, of how he wondered how he would have been received in public, by the public, if his husband had not been white. Focusing on his need and desire to explore human nature and sexuality through dance kept him working even after Arnie's death. Years later he married again, this time to one practicing the Jewish faith.

To not die alone. This is an emotion with which I am so familiar. From our first breath to our last breath we crave/need human contact. It is my privilege to work with folks preparing to say farewell, and on occasion have been the one holding their hands as they release their last earthly breath. It is a sacred moment. For those who have no family, it is often a friend that sits vigil and honours the space. There is comfort and strength in the quiet presence of a fellow being as we graduate from our life on earth. May I also not die alone.

To be mourned as a cherished elder. Both those words are deeply significant to me and placed together bring me to my knees. "Cherished' is such a lovely old fashioned word. It was the word that Gordon and I used to describe our relationship. We had both been married, divorced and remarried, and after the death of our spouses, found strength and comfort and love with each other. It was a different love, we cherished each other, valued each moment that was granted to us, respected each other and laughed and cried together. It was at a different stage of our lives, and it was a gift. "Cherished" . A friend, now graduated, and I discussed the role we filled in our separate and yet the same world. We recognised we were seen as elders, not only in years, but as keepers of the wisdom, ready to seek and share knowledge with those who were ready. To be mourned as a cherished elder...



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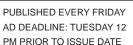
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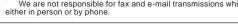
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Members













# Countryside Studio is now open



Submitted
RIVERS BANNER

ighthouse Wellness Centre is excited to announce the opening of its new office at 43 4th Street, located within Countryside Studio & Gym in Hamiota. We are so happy to offer a variety of services designed to promote mental well-being for individuals, couples, and families. Clients can benefit from a range of specialized care, including individual counseling, family mediation, and group support. With a focus on providing a safe, supportive environment, our services are tailored to meet the unique needs of each client, helping them navigate challenges and build emotional resilience. Two of our amazing practitioners are now available in Hamiota, bringing years of expertise and compassionate care to the community.

In addition to counseling, Lighthouse Wellness Centre offers mediation services to help families and individuals resolve conflicts in a healthy and constructive manner. We provide individual conflict resolution consultations, teaching clients effective communication strategies to prevent and manage disputes before they escalate. For parents, child-centered mediation consultations are available, offering guidance on co-parenting and working together to make decisions that best serve the interests of their children. These services are designed to foster understanding, reduce tensions, and build stronger, more collaborative relationships. We are also excited to offer therapeutic play for children, a unique, evidence-based technique that helps kid's express emotions they may not have the words for. Through play, children can process stress, anxiety, and other emotional challenges, while also developing essential coping skills.

Lighthouse Wellness Centre is more than just a space—it is a place of healing, growth, and empowerment for individuals and families in the community. We are so excited that we get to expand our services into rural communities, make amazing community partnerships, and contribute to the mental health empowerment in Hamiota! Services are available to kids as young as three all the way up to older adults. For more information about the services offered at Lighthouse Wellness Centre, visit our website https://www.lighthousewellnesscentre. com/, call us at (204) 728-0054 or email our main office at office@lighthousewellnesscente.ca for more information on our services or to book an appointment with one of our practitioners.

## **Battling the After-Holiday Blues**

HOLISTIC WELLNESS
CERTIFIED HYPNOTHERAPIST
MARIE EVELYNE GINGRAS

So, the holidays have come and gone, and suddenly it's just you, a mountain of used wrapping paper, and the glaring realization that "January me" has to deal with "December me's" credit card bills. Ifyou're feeling a little blah (or a lot), welcome to the club. I've got my membership card right here. The "after-holiday blues" can sneak up on anyone, but there's good news: it doesn't have to be that way, and you've got more power to shake it off than

Throughout November and December, life can feel a bit like living in a snow globe—twinkling lights, goodies everywhere, festive music floating through the air. Then January arrives, and it's more like trudging through a slushy parking lot while trying to recall how many peppermint mochas you charged to your credit card.

It doesn't help that the days are shorter and darker, either. Seasonal Affective Disorder (SAD) isveryreal, triggered by less sunlight, colder weather, and a general reluctance to get out of bed because it's basically Antarctica in your bedroom. Even if you're not dealing with full-blown SAD, these dark days might make you feel extracranky, fatigued, and ready to wrap yourself in a blanket burrito till spring.

The best way I've found to combat these blues, aside from adopting a pet sloth so I can lounge guilt-free, is a holistic approach to wellness. That basically means looking after mind, body, and spirit in tandem. Instead of treating one symptom (like the desire to binge on leftover cookies), you address the big picture: now you're thinking, now you're moving, and what truly makes you feel alive.

To help your mind, I suggest starting your day with even five minutes of calm. Before you roll over and check social media to see what you missed while you were sleeping (hint: probably cat videos and someone's workout selfie), try a short medita-

tion. Focus on your breath, visualize a peaceful place, or repeat a positive mantra—whatever feels right. This small morning habit can clear mental clutter and keep stress at bay.

For the body, I'm starting to become a big fan of yoga and though, to be honest, "Downward Dog" sometimeslooksmorelike "Confused Giraffe" when I do it. But it still helps me de-stress, makes my body feel more limber and gives me a mood boost. If yoga's not your jam, a brisk walk can work wonders, or you could channel your inner 90s kid with a hula-hoop. Another easy fix is to remember that you're not a cactus: you need more water than you think, especially after the sugary and salty goodies from the holidays.

Spiritual care can be a game-changer, too and no, it doesn't have to mean going to a mountaintop and

chanting with monks (unlessyouwant to, of course). Maybe you try journaling to discover what you're truly grateful for, or you take an afternoon stroll in the park to just soak up some quiet. The goal is to feel more connected to something meaningful, whether that's nature, faith, or your own sense of purpose.

Now, about those New Year's resolutions: the key word is "realistic." I once vowed to work out every single day at 6 a.m. Let's just say that resolution died aswift, painless death by January 3. Instead, go smaller, like aiming for three workouts a week or adding an extra serving of veggies to dinner. Small wins build momentum, and momentum keepsyou motivated.

Clearing out clutter is another surprisingly powerful trick. I'm no Marie Kondo, but let me tell you, donating that sweater I never wore was oddly liberating. Home organization is huge because the less you trip over piles of random stuff, the calmer you'll feel inside.

And if you still need a little extra push, invite a friend over to help you figure out which items spark zero joy.

Routines can also be your best friend right now. If you're like me, you might crave a bit of consistency after the holiday whirlwind. Try a soothing bedtime ritual, make a cup of tea, light a candle, read something that's not on your phone. Goodsleepisn't just a perk; it's essential for your mood and overall sanity.

So yes, the after-holiday slump is real. But it's also a chance to pause, reevaluate, and maybe discover new ways to nurture yourself. The stretch after the holiday rush can be a gift in disguise. It gives you space to figure outhowyou really want to feel this year.

If you're knee-deep in January blues, take a breath. You've got this. By caring for your mind, body, and spirit, you just might turn this post-holiday slump into the start of something amazing. And when the first rays of spring finally show up, you'll be ready to bloom right along with the flowers!



# Living the dream

**By Gerry Nolan**RIVERS BANNER

his is what Kent Michie of Rapid City is doing. Kent graduated from Minnedosa Collegiate with grade 12 before continuing his education at North Dakota State University at Bottineau.

Kent was born and raised at Rapid City, Manitoba where he has lived since 2004 on the family farm. He is the sole owner and founder of his business Lonewolf Taxidermy.

In 1998, Kent began doing taxidermy. What is taxidermy? It is a form of preserving animals. He tans hides with fur on them and makes the animal figures become real!

It brings your trophy to life. Visitors at Lonewolf, especially women, are in awe at the beauty of the new animal that Kent has created.

A close friend, Dean Trumbley from British Columbia and Kent went into business together and have forged a solid friendship and working relationship.

Kent and Dean, in 2011, began the dream by fishing and hunting big game, then started a television show with Thunderboys productions.

They had to purchase their own equipment from their life savings. In the beginning, it was a bit of a gamble, but being raised on a farm, each crop year is a bit of a gamble.

Some of the equipment needed of course was guns, ammo, clothing, boots, cameras etc. They had a show on wild T.V. and sportsmen channels where they produced 13 new episodes in a year. Some of episodes took more than a week to prepare.

Kent and Dean travelled around the world doing these shoots. They went to Argentina, New Zealand, South Africa, Mexico, and Texas just to name a few. Of course, they needed licenses and government approval and inspections to correspond with regulations so they could hunt. Sounds like a lot of red tape!

Next was Trigger Effect Television. They used their own finances the first four years, but then that door closed and a new one opened. A simple phone call changed all that.

Vista Outdoors called, they had major support, like in a couple of hundred thousand G's. Kent and Dean ended 10 years of filming Trigger Effect. It was a number the boys had come up with right from the get go.

When they finished, they had completed 155 episodes and their show aired in 56 million households in Canada, the United States and Europe. They could have continued on but the time had come to move on to other endeavours.

Kent left on his own terms which is always nice and is his own boss.

If you would like to see some of their episodes, it is free on Youtube. Look for Trigger Effect Television.

If you would like to speak to Kent about bringing your trophy to life, give him a call at 204-761-7577. I have got to know Kent over the past few years playing Texas Hold Em. He is one of the nicest guys you would ever want to meet! He will be up for a chat. Kent continues to be busy as he is building a house right by his shop and is also completing his book, which still has a few blank chapters in it. The name of the book is how to Win at Poker with lucky Cheezies!







A true Buffalo chicken wing soup done with a slow cooker.

#### **Ingredients**

- · 6 cups half-and-half
- · 4 cups shredded cooked chicken breast
- · 3 (10.5 ounce) cans condensed cream of chicken soup
- · 4 carrots, diced
- · 3 celery stalks, diced
- · 3 potatoes, peeled and cubed
- · 1 cup sour cream
- · 1 cup hot pepper sauce, or to taste
- · 5 ounces crumbled blue cheese

Combine half-and-half, chicken, soup, carrots, celery, potatoes, sour cream, and hot sauce in a slow cooler. Cover and cook on Low for 6 1/2 hours, stirring occasionally. Stir in blue cheese after 5 hours.



## Manitobans continued to benefit from PC initiatives

### Under the Dome

#### **Submitted**

BY GREG NESBITT MLA

 $Here `salook\, back\, at some\, of the\, many ways\, Manitobans$ continued to benefit in 2024 from long-term investments by your former Progressive Conservative government.

Thanks to prudent, people-focused governance, PC measures have been able to help Manitobans well after our time in office.

#### **Affordability**

Several PC affordability measures were grandfathered into 2024 to help Manitobans keep more of their hardearned money.

·Up to \$1,399.00 in savings for Manitoba families since January 1, 2024.

•\$160 million in tax savings for low-income and middleclass families via increased personal income tax bracket

·Thanks to PCs' 50 percent School Tax Rebate, Manitoba homeowners have been able to save an average of \$774.00 for one final year.

PCs will continue pushing for meaningful action on affordability as Manitobans face higher costs in 2025 when poor NDP policies take full effect.

#### **Health Care**

·Expanded emergency department and two new inpatient wings at Selkirk Regional Health Centre

·Completed RRC Polytech's new, state-of-the-art Simulation Centre, which will focus on training nursing, allied health professions, and community services.

·More diagnostic services in the Parkland region including the addition of a new CT scanner in Swan Valley, a quadrupled-size Cancer Care unit in Russell, and an expanded Cancer Care unit at Dauphin Regional Health Centre.

·More medical training seats at post-secondary institutions. As result of long-term PC investments, the U of M welcomed the largest class of medical students in its history in August!

·More support for Manitoba seniors — including a new program to help cover the cost of home accessibility and safety upgrades, as well as a new \$66-million personal care home officially underway in Lac du Bonnet.

·More internationally-educated healthcare workers across Manitoba.

·More specialized services at the Health Sciences Centre - including a new adult epilepsy monitoring unit and Manitoba's first stroke unit.

·PCs are also strengthening healthcare in Opposition, with the province committing to lowering the breast cancer screening age to 40 following months of PC advocacy.

·PCs also successfully passed a bill to bring attention to mental health challenges faced by men in Manitoba and promote mental wellbeing.

#### Education

·A newly-opened school and daycare in Morden as part of PCs' 23-school plan.

·Hundreds of new daycare spaces this year, including in Altona, Kleefeld, Lorette, Melita, Morden, Oakville, Portage la Prairie, Saint Adolphe, Stoney Mountain, Tyndall, and Winnipeg.

·PCs' Ready-to-Move (RTM) Child Care Project has been so successful that it was awarded the 2024 Project of the Year! The community of Elkhorn is expected to open their new child care facility this spring.

·More meaningful curricula and resources for Indigenous education with the Mamahtawisiwin framework, as well as the Teachers Idea Fund (scrapped by the NDP).

·Expanded early learning and child-care training programs in the 2023/24 and 2024/25 academic years.

·In Opposition, PCs successfully pushed the province to implement a ban on cellphones in the classroom and expand PCs' \$10.00 daycare initiative.

#### **Public Safety**

·A new Winnipeg Transit safety officer team and new community safety officers in Portage la Prairie and

·An upgraded detention centre in Brandon.

·New institutional safety officers at several hospitals across Manitoba, as well as at the U of M.

·Expanded Rapid Access to Addictions Medicine (RAAM) clinic services.

#### **Community Development**

·More local community projects across Manitoba supported by PC grant programs, which have been cut or scrapped by the NDP for 2025.

·Expanded support services for survivors of sexual violence.

·A new online resource for free menstrual products. ·Safer combative sport competitions with the Combative

Progress on the Wehwehneh Bahgahkinahgon redevelopment.

Sports Act now in effect.

·In Opposition, PCs successfully passed bills to establish Community Foundation Day, recognize Tyndall stone as the provincial stone of Manitoba, and introduce a new specialty Manitoba Parkslicence plate to help fund critical

park infrastructure projects.

#### **Economic Growth**

PCinvestments have also bolstered Manitobain dustries, workforces, and infrastructure into 2024:

The Port of Churchill exported critical minerals for the first time in over two decades in 2024, following over \$200-million committed from PCs with the feds to Arctic Gateway Group.

·CentrePort South officially kicked off its long-awaited development in Winnipeg this summer, and the Centre-Port Canada Rail Park in the RM of Rosser also welcomed its second tenant this summer. With a \$40-million investment by PCs, the full Winnipeg development is expected to increase Manitoba's GDP by over \$950 million, house up to 12,000 people, and create 16,000 full-time jobs.

·More information technology training in the north.

·Astate-of-the-artfilm studio broke ground in Niverville. ·A new solar glass project is underway in Selkirk and Hollow Water First Nation.

·A new directory of Indigenous Manitoban-owned businesses was launched this year.

·A more affordable and competitive Manitoba for businesses. Payroll tax thresholds were increased for the 4th executive year in 2024, and Manitoba businesses benefited from PCs' 50 percent School Tax Rebate on commercial properties for one final year.

·The St. Mary's Overpass has now opened. PCs' upgrades to this major economic corridor serve as one of many important steps taken under the previous government to grow Manitoba as a national trade hub.

·In Opposition, PCs successfully pushed the province to establish a Manitoba trade office in Washington.

While simultaneously denouncing PCs' successful efforts, the NDP have been quick to take credit for many of these PC projects and initiatives. But Manitobans know better.

2024 has been a fruitful year for our Progressive Conservative team, and we're very proud to see years of work paying off for Manitobans. Clearly the Kinew government is just as proud as we are, given how much they continue to pass off PC achievements as their own.

We look forward to seeing more fruits of our work in the new year and continuing our momentum with Manitobans to ensure the prosperity of our province.

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 contacting MLA Nesbitt, please include your address and phone number.

## Rawlings' Home Hardware robbed early Saturday

By Anne Davison RIVERS BANNER

In the wee small hours of Saturday, Jan. 4, closed circuit cameras recorded a white crew cab pulling out of the back lane behind the Rawlings Home Hardware store in Hamiota. The camera recording shows the pick-up truck, loaded with boxes, making a getaway heading south on 4th Street. The videoisavailable to view: https://www.facebook.com/profile.php?id=100057482767894

The break-in occurred at the back of the main store which sells liquor as well as tools, M&M foods, and household goods. The store itself was not broken into, but thieves got into a storage container at the rear of the store and made off with big ticket items such as barbecues.



SLIBMITTED PHOTO

Caught on camera, a white truck loaded with boxes heads down Hamiota's 4th Street.

## RM of Elton meeting-draft version notes

December 10, 2024

**Submitted** 

By RM of Elton

Present: Reeve Bollman; Councillors Waldner, Campbell, Paterson, Pankratz, Hales and Bromley, CAO LeBlanc and Admin. Assistant Burdeniuk.

Others Present: Heritage Co-op Brandon Agro, Rob Greer, Manager and Tanya Cameron Safety Officer; and Keystone Planning District, Building Inspector, Brad Roth.

Campbell/Bromley-Be it resolved that the Council of the Rural Municipality of Elton approves the Perpetual Drainage Project and formally seeks provincial funding support for its implementation as part of the Manitoba Growth, Renewal, and Opportunities (GRO) Grant program. Carried

Waldner/Pankratz-Be it resolved that the Council of the Rural Municipality of Elton approves the Baseball Outfield Fencing Project at the Elton Community Center and formally seeks provincial funding support for its implementation aspart of the Manitoba Growth, Renewal, and Opportunities (GRO) Grant program. Carried

Waldner/Campbell-Be it resolved that the Council of the Rural Municipality of Elton hereby authorize Heritage Co-op Brandon Agro located at SW 4-11-17 WPM to block the culvert through Municipal Road 60N during an emergency event;

Further be it resolved that Heritage Co-op Brandon Agro is required to remove items blocking the culvert and cleanup and remediate the site to its original condition following the emergency event. Carried

Paterson/Hales-Whereas 6864598 Manitoba Ltd. (Evan Keller) entered into a Development Agreement with the Rural Municipality of Elton on February 15, 2023 and said Development Agreement is set to expire on February 15, 2025;

And whereas 6864598 Manitoba Ltd. has advised that they are awaiting signature on the mylar plan from the Federal Government;

Andwhereas 6864598 Manitoba Ltd. requested a one (1) year extension to the Development Agreement, extending the expiration date to February 15, 2026;

Therefore be it resolved that Council of the Rural Municipality of Elton hereby grant 6864598 Manitoba Ltd. a one (1) year extension to the Development Agreement, extending the expiration date to February 15, 2026. Carried

Brad Roth, Keystone Planning District Building Inspector, advised that a Zoning By-law Amendment will be required now that the Development Plan is almost completed. A list of uses was provided to Council for review as they will need to identify what uses they would like to see under the Economic Development Zone for the January Council meeting.

Campbell/Waldner-Be it resolved that the Council of the Rural Municipality of Elton hereby approves Conditional Use Order No. CU-006-24-E on Pt. of the SW 20-12-19 WPM for Mona Koroscil Owner/Applicant to establish a non-farm dwelling within the "AG80" Agricultural General Zone by the way of Subdivision;

And Further Be it resolved that the existing building structure must be removed from the site and obtain any necessary permits required through Keystone Planning District. Carried

Paterson/Pankratz-Be it resolved that the Council of the Rural Municipality of Elton hereby approves General Cheque Nos. 13181 to 13220 in the amount of \$1,841,245.87; and Direct Withdrawals in the amount of \$58,142.02 for a total of \$1,899,387.89.

Bromley/Campbell-Be it resolved that Council of the Rural Municipality of Elton hereby approve the Interim Budget for 2025 as follows:

Operating Requirements:
General Government Services - \$175,000
Protective Services - \$30,000
Transportation Services - \$175,000
Environmental Health Services - \$40,000
Public Health & Welfare Services - \$6,000
Environmental Development Services - \$40,000
Economic Development Services - \$30,000
Recreation and Cultural Services - \$8,000
Fiscal Services - \$200,000

Capital Requirements:

Contribution to Capital/Capital Purchases - \$50,000 Reserves: Building Reserve - \$100,000

arried

Hales/Paterson-Be it resolved that the Council of the Rural Municipality of Elton hereby approves the Engineering Services Agreement, including Project Management, dated December 6, 2024, with Burns Maendel Consulting Engineers Ltd., for the Forrest Subdivision;

And be it resolved that Council authorizes the Reeve

and CAO to execute all necessary documents. Carried WARD, REEVE & ADMINISTRATION REPORTS

Councilor Waldner reported that snow removal in Douglas will be completed on January 10, 2024.

Councillor Campbell reported that the stop sign located at Road 106W (Humesville) and Road 66N is faded and should be replaced with a yield sign.

Councillor Pankratz reported that he would like tree scrubbing on Road 69N between Roads 98W & 99W to be reviewed.

Councillor Hales reported that River Flat Excavation Ltd. did a great job removing trees.

Councillor Bromley reported that River Flat Excavation Ltd. removed trees from requested areas and a stop sign was reinstalled.

Reeve Bollman reported that the AMMFall Convention was better than previous years and had great speakers. He and Councillor Bromley met with RCMP along with other neighbouring municipalities to discuss local policing issues and another meeting will be scheduled in January.

CAO LeBlanc reported that housing options for the new development in Forrest were investigated, a meeting with Council and Manitoba Transportation and Infrastructure (MTI) where a concept plan was presented for future potential plans on provincial roads, and that her and Jennifer Sutherland, Administrative Assistant are registered for an MMA course called "Navigating Your Financial Plan".

CAO LeBlanc presented options for Council to explore for future office/boardroom expansion. Council set up a meeting in January to discuss further.

Councillor Waldner declared a Conflict of Interest and left Council Chambers.

Hales/Paterson-Be it resolved that the Council of the Rural Municipality of Elton hereby approves the acceptance of the offer to purchase the used pull-behind packer, as submitted in response to the tender issued on November 8, 2024, for the amount of \$2,600.00 to Bluestar Construction Ltd. Carried

Councillor Bromley reported that the Employee Handbook will be presented at the January meeting.

Councillor Campbell reported that the Development Plan has received second reading and has gone to the province for approval.

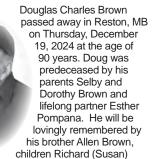
Councillor Hales reported that a new employee was hired and will start on December 16, 2024.

Hales/Bromley-Be it resolved that the Council for the Rural Municipality of Elton approve the hiring of Way To Go Consulting Inc. to complete the Utility Rate Study for the Elton Utility as per quote dated November 19, 2024. Carried

# **CLASSIFIEDS**

#### **Obituary**

#### IN LOVING MEMORY DOUGLAS CHARLES BROWN



Brown and Ellie Pompana, step children Yvonne, Bobbi, Laura and Rodney as well as 6 grandchildren and 15 great grandchildren. Doug was born in Rivers, MB and farmed north east of Rivers for 80 years. He loved working with his John Deere machinery, attending the Calgary Stampede, horse racing and curling. A time of visitation took place at Brockie Donovan Chapel, 332-8th Street, on Thursday, January 2, 2025 from 7:00 p.m. to 8:30 p.m. A private graveside service was held in Rivers.

Arrangements were in care of Brockie Donovan Funeral and Cremation, (204) 727-0694

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## **Reflections and Predictions - MB Pork**

By Cam Dahl GM, Manitoba Pork

The name January is derived from the Roman god Janus. Janus was said

to have two faces, one looking forward and one looking back. It is an appropriate metaphor for the month where we can look back at the year that was and anticipate the year to come.

If there is such a thing as a good disease year in the hog sector, 2024 was it. Given historical patterns, we expected to see new cases of porcine epidemic diarrhea (PED) this past spring. That did not materialize. While we did not make it though 2024 PED free, the first case did not show up until December. This is not an accident. Manitoba's hog farmers, our government, veterinarians, and processors came together to develop a comprehensive plan to eradicate PED. The "Manitoba model" is a 2024 success story - one that is being considered throughout North America and is a testament to what can be done through collaboration.

On the economic front, 2024 was a year of relief for hog farmers in Manitoba, with margins coming back to where they should be. I do see the positive financial situation extending well into 2025, but that prediction comes with a lot of global uncertainty and unpredictability.

So, what will farmers face in 2025? One cannot look ahead without mentioning the new administration in the U.S. Mostfarmers in Manitoba dependupon international markets. Take the hog industry as an example -90 percent of Manitoba's annual production is directed into international markets, with the U.S. being the number one destination. Both major U.S. political parties advocate for "America First" policies and are moving away from supporting free and open trade. Examples of protectionist policies that threaten our exports include the revival of country-of-origin labelling and individual state legislation that is fragmenting the North American market (e.g., Proposition 12 in California).

"America First" was brought into sharper focus after the November election in the U.S. when President-elect Trump called for massive tariffs on Canadian and Mexican exports. In the past, he has threatened to rip up the Canada - U.S. - Mexico Agreement (CUSMA). Not since the original Canada - U.S. trade agreement have we seen political goals tied to U.S. market access. For example, increased defense spending by Canada is likely going to be a condition of ongoing American support for CUSMA. I do believe that Canadian agriculture exports are going to be a target for U.S. negotiators. How is Canada going

It is not just trade with the U.S. that will be unpredictable in 2025. China, which is both the world's largest food producer as well as the world's largest food consumer, is also signaling that agriculture and food trade will be tied

to outside policy issues. The threat to impose tariffs on Canadian canola exports in response to tariffs on electric vehicles is just one example of this. What happens if a new trade war erupts between the U.S. and China? Will Canadian farmers be caught in the middle? How Canada responds could very well determine if 2025 will be profitable or show a mess of red ink on farmers' income statements. Governments and industry need to be planning for all eventualities on Chinese trade before any of these potential problems arise. I am concerned that this is not happening.

Add to this the ongoing uncertainty caused by the war in Ukraine, the threat of foreign animal diseases like African Swine Fever, production risks, etc. and a picture of a volatile 2025 emerges. Farmers can offset some uncertainty through tools like currency hedging, forward contracting, and other risk mitigation approaches, but farmers cannot control instability caused by global policies. This is the area where we need the support of our federal and provincial governments.

It is my prediction that protectionism, trade barriers, and global uncertainty will be the top topics next January when we look back at 2025. We will also likely be talking about the outcome of a federal election, which may happen sooner rather than later. Elections are the time when politicians are most attentive to concerns raised by constituents. Farmers, of all stripes, need to be asking the candidates who show up on their doorstep about their party's plan to deal with global volatility and trade uncertainty.

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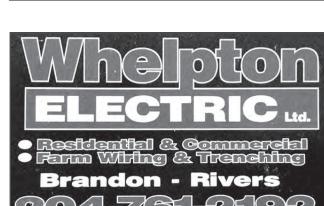
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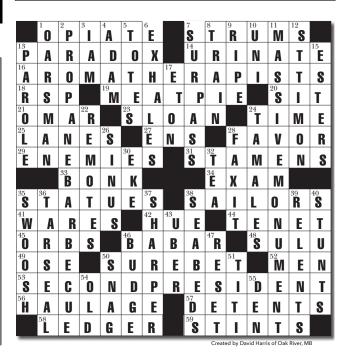
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## HOMETOWN PRODUCT LAMB BIG IN NET FOR JETS

By Robin Wark

RIVERS BANNER

ometown product Riley Lamb is pleased to be guarding the net for the senior Rivers L Jets this winter.

"I've enjoyed the bus trips, nights at the Hangar as well as the competitive start the team has had," the goaltender said.

In his third season with the Jets, Lamb is a force in the Tiger Hills Hockey League. As of Jan. 5, he paced the loop with three shutouts. Lamb was first in goals against average at 1.28. At .949, he also led the THHL in save percentage. He (6-1-0-0) and Layne Anderson (3-1-0-0) have formed a strong netminding duo for the 9-2-0-0 Jets.

"It's always nice to have Lamber back there," said Jets captain Riley Shamray, a defenceman. "He's a guy you can rely on for timely saves and is like an extra D-man back there with the way he moves the puck. We are lucky to have a guy that played at a high level."

After developing his game with the U18 AAA Yellowhead Chiefs, Lamb played in the junior ranks for the Western Hockey League's Red Deer Rebels and the Swift Current Broncos as well as the Saskatchewan Junior Hockey League's Weyburn Red Wings and Yorkton Terriers. He went on to play professionally for the Birmingham Bulls of the Southern Professional Hockey League and also suited up for the University of Manitoba. He played for the THHL's Virden Oil Kings in 2020-2022 before joining the Jets.

"Riley is an exceptional goalie and it shows from the places he's played in his career," said Jets forward Dylan Thiessen. "Now with the Jets, what makes him so good is that he's extremely competitive

and wants nothing more than a Jets win. He will battle for every puck no matter what. He's also a leader through the way he plays and in the dressing room - being the first guy to speak up when he sees something that needs fixing.'

Over his hockey career, Thiessen has competed with and against Lamb. He definitely likes the current arrangement.

"I'm extremely glad to have Riley on my side this season," Thiessen said. "We played together with the U of M Bisons in 2019 and had a great year, so it's awesome to be back playing together. He's a goalie that

makes you confident on the ice knowing that he's back there to bail you out when you make a mistake. I'm really excited for the second half of the Jets season with him in the pipes."

Rivers Jets # 35 Riley Lamb



On Dec. 20, the Jets suffered their second straight loss - 6-3 to Hartney. The next day the Rivers squad rebounded with a dominant 6-0 victory over the Minnedosa Bombers, who had handed the Jets their first loss of the year. Five different players scored for Rivers, who outshot the Bombers, 38-16. Lamb made 16 saves to earn the shutout.



PHOTO BY JESSICA COULTER

On Jan. 4, the Jets beat the visiting Carberry Plainsmen, 6-1. Rivers led 1-0 after the first period and 4-0 at the second intermission.

Anderson made 11 saves. The Jets sent 48 shots at Carberry goalie Joel Baron. He made 42 saves.

Josh Belcher, Shamray and Brock Paddock each had three points. Scoring for the Jets were Paddock (two), Belcher, Kayden Sutherland, Kale Bomback and Jaxon Heeney.

On Jan. 10, the Jets host the MacGregor Wild. The following day The Rivers team plays in Melita.

## REF MEMORIES



## Getting a chance

had been doing minor hockey and with a move to live north of Oak Lake, there were many more opportunities to officiate. I started officiating hockey games in Oak Lake, Elkhorn, Kenton, Hamiota and Oak River. There were lots of games to officiate and there were not a lot of officials, so I could be kept as busy as I wanted to be.

Some of my first partners to ref with in OakLake were Kerry Smith and Wally Essie. Both were good officials and we got along real well.

Around that time Wallace Henderson had been watching me do minor hockey. I believe Wallace was Referee-inchief of the North Central Intermediate Hockey League and he also was Referee-in-chief for the Tournament-of -Champions in Oak River.

In Oak River I got to meet other officials that I had not met before. One of the first volunteers to meet and greet me in Oak River was Mrs. Paddock. She had a friendly smile and welcome to Oak River. I worked in the old Oak River arena, summertime they held dances there which were a lot of fun!

Wallace Henderson called one day and asked me to workagame in Kenton as a linesmen for a N.C.H.L. game. I was so excited I said yes, as I was hungry to do more officiating. I was very nervous before that game. Usually throughout my career I would get a little nervous before games, it was my way of being ready to go to officiate.

My first NCHL game and my first linesman partner was Mr. Gary Crampain from Oak Lake. I could not have asked for a better man to start doing senior hockey with. Gary was great with me, encouraging and supportive. Thank you Gary! He knew I would have some jitters being a first for me, but he was so calm Gary made it like a walk in the park!

The head Referee that night was Mr. Bill Little of Decker. I had met Bill before and knew he was a good official. One of the things he taught me that night was to pick up the rule book and just go over some specific rules, which I did throughout my career!

The game went off without any problems, game one was in the books!

Gary Crampain and I were paid \$6 for the game and Bill was paid \$12 for the game. Big dollars back then. Bill Little after the game pulled out a mickey of rye for a toast after the game! I could not have asked for anything more from that first night!

Thank you to Gary and Bill, who are also in Hockey Heaven, rest well men!!!

Other linesmen I worked with that first year were Ivan Crampain and Donald Lindsey. Man that seems like such a long time ago, it is close to 50 years ago and my how times have changed!

Referees I met coming to Kenton to do games were Gordy Lyall, Lloyd Little, Red McConnell, Rick Seminuk, Brian  $Hogdson\, and\, Bob\, Thompson\, who\, lives at\, Oak\, Lake\, beach.$ 

Bob Thompson was from Brandon, a school teacher I believe. He skated straight up and could really skate. Bob was one of my favourites to work with. He was always so positive and encouraging with me. Wish I could have worked more games with him, Bob was that good!

The guys I mentioned previously all deposited something to me. I respected all of them and looked to them for guidance. Thanks guys!

One of my favourites was Gordy Lyall from Hamiota. I liked the way he officiated and decided to try and call my game similar to his. So one day I said to Gordy I hoped to be able to referee like him. His response to me was this, "Find yourself, your game! Call it because it is you, you can incorporate little things from other officials but Be You Not Them!"

Great advice from a fellow official and advice I would pass on to other officials!

Going back just a bit, Bob Thompson, Bill Chapple and Doug Lund who were from Brandon ran the referee clinics at the start of the fall. They were great educators! They were all passionate about hockey and you could just feel it. They knew the rule book and encouraged us to get into it even before a game. Something Bill Little had told me at my first senior game!

These guys who lived in Brandon, but all were from Westman area were terrific officials. They did not forget their roots and is probably why we or they could relate to each other. Thank you so much to these men for sharing their experiences and foresight. They made hockey and refereeing fun!

They were really good officials, and I know other officials were proud to work with them!

Coming up for the next edition, I will call Spreading my Wings!

## HAMIOTA TOURNAMENT OF CHAMPIONS

By Gerry Nolan RIVERS BANNER

The rural Tournament of Champions U11 took place in Hamiota this past weekend from January 3 - 5. At this age group, you begin to see the skills of players begin to develop. Teams that took part in the 3-day tournament were the host Hamiota/ Shoal Lake team, as well as teams from Virden, Oak Lake, Hartney, Reston, Wawanesa/Glenboro, Deloraine, Tri-Valley and Russell. There were 3 pools of 3 teams that competed against one another to crown a champion. There were a total of 19 games played.

Congratulations to Hamiota on a well-run weekend. Kudos to all the volunteers who put in the time for such a big event to take place. Thank you to the officials who worked these games. Without them there are no games.

Thank you to the volunteers who worked the admission gate, the time clock and the score sheet. And let's not forget the Zamboni drivers for making excellent ice conditions. The canteen workers were excellent and were kept busy on this cold January weekend.

I want to express a special thank you to Dawson Brooks who played music all weekend long as well as keeping me informed and up to date on all the scores of the games. Dawson even played my favourite goal song, Chelsey Dagger! Thank you, Dawson, on a job well done.

There were some great individual efforts this weekend as well. Thank you to all the coaches, the managers and most of all the parents and grandparents who came out and supported their favourite teams. You are all winners.

Want to express a thank you to Ryan Carter who



PHOTO BY CELIA NOLAN

Russell Rams win the U11 Tournament of Champions.

organized the skills competition. It was great to watch these young athletes!

Now to the winners of the skills test.

Fastest skater was Kinsler Martin of Hamiota/Shoal Lake. This guy can skate.

Puck handling was Connor Elliott from Virden, great hands.

Top shooter Keaton Vanroboeys from Deloraine, heavy shot.

Top Goalie was Ian Shingoose Clearsky from Tri Valley, hard to beat.

There was also an all star team selected, the winners were.

Goalie Ian Shingoose Clearsky from Tri Valley.

Defense: Drew Derlago from Hartney. Theo Cowan

Forwards: Jaxon Braybrook Virden. Brixton Desaul-

niers Russell. Hayden Davidson Wawanesa/Glenboro.

Most valuable player of the weekend was Kinsler Martin.

So after 19 games and a lot of great competition it comes down to this. In the Bronze medal game, the host team from Hamiota/Shoal Lake won over the Hartney Devils by a score of 7 to 4. Congrats to both teams on a well played game.

The Gold medal game was everything and more you could hope for and capped off a great weekend as Russell edged Virden 3-2 in overtime to claim the championship. Congratulations to both teams in a hard-fought match.

This concludes the wrap on this tournament, and to the players thank you for the entertainment, you all should be proud of all the work you displayed this weekend! Best of luck in the remainder of the season.

