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Spiritwood, Saskatchewan Thursday, August 22, 2019

[www.spiritwoodherald.com](http://www.spiritwoodherald.com)

## Weather co-operates: Breakfast a success



(Above) About 120 people attended the breakfast. Here, Thalia is about to taste the delicious sausage.

The Fast Fly-In Breakfast, a tradition of many years, was a success Sunday, Aug. 18 with the guest list numbering close to 120 people who came out to enjoy a great breakfast of pancakes, sausages and cheesy hash browns, and to view the planes that came in carrying guests.

The weather wasn't great, but the skies were clear and winds light, meaning that over a dozen pilots from all over the province were able to fly to the breakfast.

For the third year, the breakfast was held in the yard of Fred and Mar-

lene Walter, next door neighbours to Harold and Marjie Fast, hosts of the annual event.

Guests included friends and neighbours as well as aviation enthusiasts interested in checking out the variety of small aircraft that had flown in for the breakfast.

Music was provided by the Trent Bruner band, who had set up on the deck. Trent Bruner is Harold's nephew, son of Hal's sister, Gerda, who was also in attendance at the breakfast.

*More photos on page 2*



A crew gets the yard ready for the arrival of guests to the breakfast.

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# Weather co-operates: Breakfast a success



A bird's eye view of the lineup of planes at the Fast Fly-In Breakfast.



More than a dozen planes lined up on the airstrip after arriving at the Fly-In Breakfast.



It didn't take long for people to demolish a plate of delicious pancakes, sausages and hash browns.



Linda Pauls served the pancakes to the hungry people.



Marjie Fast greets a new arrival who just arrived by plane.



Music was provided by the Trent Bruner Band. Bruner, on keyboards, is a nephew of Harold and Marjie Fast.



Gary Vidal and Wayne Pauls handled the pancake cooking.

*Chase the ace has been won*

The Spiritwood SARCS Chase the Ace has been won after the desired Ace of Spades was pulled Friday night, Aug. 16. The lucky ticket was held by Kaeli Cross and Chris Robinson.

Word has it that Chris's dad, Cal Robinson, made it to the Town Office in time to purchase tickets for family members. And it was Kaeli's dad, Blair Cross, who actually

pulled the Ace after the Kaeli-Chris ticket had been drawn.

The Ace Pot won by the pair was \$7,120, and to that can be added the \$720 from their share of the week's sales.

Over the 25 weeks, \$10,200 was paid out to the weekly winners, for an average win of \$408. Of the total sales of \$20,400, some \$4,080 went directly to SARCS.



Kaeli Cross holds the Ace of Spades Friday night after it was drawn from the remaining cards in the deck. The prize for Kaeli and Chris Robinson was \$7,120 plus \$720, their 50 per cent share of the week's sales.

 **SUMMER LEARNING TIPS**

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Tender Forms available at the Town Office. If you would like to view these items please call (306) 883-2161. The municipality reserves the right to reject and refuse any or all tenders.

Please submit tender to:  
Town of Spiritwood  
**Invitation to Tender**  
Box 460  
Spiritwood, Sask.  
S0J 2M0  
Ph#: (306) 883-2161  
E-mail: [tos@sasktel.net](mailto:tos@sasktel.net)

On or before 4:00 pm on September 6<sup>th</sup>, 2019.

# Shellbrook RCMP seeking suspects in Holbein hit and run

On Aug. 13, 2019, at approximately 8:20 a.m., Shellbrook RCMP responded to the re-

port of an employee who had been struck by a pickup truck at a gas station in Holbein, SK.

Initial police investigation revealed that two young adult males fuelled their pickup truck and attempted to leave without paying. The employee intervened by jumping in the driver's side of the cabin to prevent the vehicle and the two males from leaving. The driver responded by aggressively driving through the parking lot to remove the employee from the vehicle. The employee was ejected and the two males managed to

get away. The employee was transported by ambulance to hospital in Prince Albert for what appeared to be serious but non-life threatening injuries.

Shellbrook RCMP are requesting the public's assistance in locating the vehicle and the two males involved in the theft and hit and run.

The two males were seen travelling in a matte black Ford F-350 Harley Davidson edition pickup truck which appears to have been fully coated in rocker guard/box liner material.

It is believed that the two males are travelling towards the west.

A surveillance video captured images of one of the males wearing a black Atlanta Braves baseball cap with a red brim, a black hoodie with



**One of two suspects wanted for a hit and run that occurred at the gas station in Holbein. The hit and run left an employee who attempted to prevent the suspects from stealing gas with a broken leg and other injuries.**



**The suspects' vehicle from a gas theft and hit and run at the Holbein gas station on Aug. 13. The vehicle is described as a matte black Ford F350 Harley Davidson edition.**

large white text in the front and glasses.

Anyone with information regarding the whereabouts of the two males and/or the Ford F-350 Harley Davidson pickup truck involved in this incident is asked to contact

Shellbrook RCMP at 306-747-2606.

Information can also be submitted anonymously through Crime Stoppers at 1-800-222-TIPS (8477) or online at saskcrimestoppers.com.

## Province, Feds invest in Sask. highways

Investing in modern transportation infrastructure is critical to connecting communities, safely and efficiently moving commercial goods to market and people to their destinations, and building a strong economic future for all Canadians.

Ralph Goodale, Minister of Public Safety and Emergency Preparedness, on behalf of François-Philippe Champagne, Minister of Infrastructure and Communities, and Greg Ottenbreit, Saskatchewan Minister of Highways and Infrastructure, announced more than \$75.3 million in joint funding to improve

the provincial and national highway systems.

The projects involve building four sets of passing lanes on Highway 4 and repaving approximately 220 kilometres of Highways 1, 3, 4, 5, 6, 7, 8, 14, 20, 21, 55 and 102.

Once complete, these vital improvements will not only increase the safety and efficiency of Saskatchewan's highways, but also help facilitate trade and support economic growth for years to come.

The Government of Canada is contributing \$32.7 million to these projects

through the New Building Canada Fund, Provincial-Territorial Infrastructure Component—National and Regional Projects while the province of Saskatchewan is providing \$42.6 million.

"Transportation and distribution of goods are a vital part of our local, regional and national economies," Ralph Goodale, Minister of Public Safety and Emergency Preparedness on behalf of Francois-Philippe Champagne, Minister of Infrastructure and Communities said. "These highway improvements in Saskatchewan will keep motorists safe, shorten travel times and improve access

of our products to world markets, bolstering economic growth and the prosperity of the middle class and all those working hard to join it."

"Our government has demonstrated a commitment for investments into highways, bridges and culverts to keep our province growing," Highways and Infrastructure Minister Greg Ottenbreit said.

"At the same time, it's critical that we keep the infrastructure we already have in good condition. Investing in Saskatchewan highways are important to all of us so that we can get people and products moving in a safe and timely manner."

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# OPINION

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August 22, 2019

## “It’s about the Jam”

Readers of this space may wonder why they were required to endure a reprint from fifteen years ago in last week's issue. It would have been new to some, though, particularly the folks at Whispering Pines Place during Chronicle Reading Time.

I think I said we were off on “a little holiday.” That part was true. Only it wasn't just a little holiday, it was to take in as much as possible of the “Blueberry Jam Music Gathering”.

The Jam featured about 110 performers – and when we say “performers”, a band like Iggy Star or The Mix or The Usual Suspects each had up to five separate people in it, so the actual number of people involved was quite a bit higher.

And the name? Blueberry Jam? We're not sure where it came from, but then they have a unique way of naming things in that part of the country. For example, the community theatre group to which my niece belonged is called “Ham Sandwich”, so Blueberry Jam isn't that far out of the ordinary.

Blueberry Jam took place in three separate venues over four days, with each performer scheduled for two sets. The performers received no pay and no compensation for expenses. The audiences paid no admission, although everyone was fitted with an armband so that the organizers could get some idea of attendance. Using this method, they determined that attendance at the function was upwards of 7,000 over the weekend.

The reason we were especially attracted to the Jam was the fact that my younger brother was the drummer for two of the bands, plus he accompanied several other performers providing backup percussion. He had to learn thirty-five new songs in the days leading up to the event.

In addition to that, two of his daughters were singing. One of them should be no stranger to Spiritwood readers who have been reading this space for many years. It was his youngest, Randoo, the young lady who lived with us for a couple of years and finished her high school under the watchful eye of “Uncle Dave”. She did a very nice rendition of Blue Rodeo's “Hasn't Happened Yet” that we will be posting with this column to the Herald Facebook page.

The other daughter is Stacey, veteran of the Ham Sandwich drama group and a couple of locally produced musicals, as well as the lead singer for The Mix, Flin Flon's most sought-after dance and cabaret band.

Neither of them are professional singers. In fact, their day jobs are a long way from it. Stacey is the owner of the KFC in both Flin Flon and The Pas, while Randoo is an elementary and middle school principal.

There was another highlight to the weekend when my other brother arrived from his home in southern Manitoba to take in the Jam. We don't see nearly enough of family, so occasions when we are able to are especially welcome.

Of course, while we were away, there were a couple of significant events taking place in Spiritwood that needed coverage, and it's thanks to some good people stepping up and filling in for me in my absence that we were able to report on these events.

The first of these was Alison Sullivan, who wrote and submitted the front page article on the annual Horticultural Show held at the Civic Center last Friday.

The second was the WWF annual Gun and Hobby Show. Elaine Turgeon provided me with all the information and photos we needed to get a report written up for this issue.

Thank you to both, and to the people who helped get the coverage of your events for the paper.

... I APOLOGIZE FOR THE FACT THAT I CAN'T  
APOLOGIZE FOR THE SNC Lavaline AFFAIR  
BUT UNFORTUNATELY I HAVE ALREADY APOLOGIZED  
FOR TOO MANY THINGS AND HAVE EXCEEDED  
MY APOLOGY QUOTA... SO I AM SORRY  
FOR THAT...



## Federal election remains a question of lesser evils

As this week's papers hit the newsstands, we find ourselves just under two months away from what is shaping up to be the least interesting (albeit, not the least important) federal election we've had in quite some time.

Certainly, the political fringes are all riled up as usual, with those on the right wing asking, “Isn't four years of Justin Trudeau's code of ethics breaching enough?”, and those on the left countering with, “Well, maybe, but do you really want to elect Stephen Harper Lite (Conservative Party leader Andrew Scheer) instead?”

Indeed, it seems like the only thing that matches the utter disdain that the hard lefties and righties feel for the two presumed frontrunners in the upcoming election, is the unparalleled apathy that the rest of Canadians feel towards all of the options that will be available to them on Oct. 21 – including Messrs. Trudeau and Scheer.

Late July's Forum Research poll numbers had Mr. Scheer's Conservatives in a razor-thin lead, with the support of 34 per cent of decided and leaning voters. Meanwhile, Mr. Trudeau's Liberal government had the support of 31 per cent of poll respondents.

Occupying the certain losers seats, the NDP and Green Party were deadlocked at 12 per cent support, with the Bloc Québécois and Maxime Bernier's People's Party of Canada tied for dead last at 5 per cent.

With an election race this close, there should be some excitement, some sense of urgency to sway votes in either direction. Instead, one gets the feeling that, regardless of who takes power after the ballots are counted on Oct. 21, Canadians are going to be the losers.

Politics is perhaps most comparable to a pendulum; after swinging for a period of time in one direction, the pendulum inevitably has to swing back in the other direction.

Is the general sentiment of disinterest, even defeat, that Canadians appear to be feeling a product of the pendulum not being quite ready to change its momentum?

The rising tide of newly-minted Conservative premiers, including Ontario Premier Doug Ford just last year and Alberta Premier Jason Kenney just a few months ago, would suggest no.

Then, is it just that the leaders of the federal parties have done little to inspire confidence or enthusiasm – even from their support bases? This certainly seems like the most likely answer.



JORDAN  
TWISS

~  
Columnist

Looking at Saskatchewan's political landscape, where provincial elections have nearly always boiled down to a competition between the CCF/NDP and the Conservative/Sask. Party, we've borne witness to the harm that a weak or ineffectual leader can do to a party.

Back in 2007, the Sask. Party was able to decisively seize power under the leadership of then-leader Brad Wall. And, with Mr. Wall's popular leadership, the Sask. Party also managed to become the first right-of-centre government in the province's history to be elected to three consecutive majority terms.

The Saskatchewan NDP, meanwhile, has floundered over the past 12 years, first under the leadership of Dwain Lingenfelter, then under Cam Broten, and now under current leader Ryan Meili.

Of course, we're still more than a year out from Saskatchewan's next election, and Mr. Meili's NDP could begin to pick up some steam. But, after 12 years of Sask. Party majority rule, the political pendulum should be swinging more decisively in the NDP's favour than it is at this juncture.

This all brings us back to the current federal campaign.

Here, the past four years of political blunders and scandals have seen Mr. Trudeau transformed from Canada's first-ever political rock star into a controversial leader who has divided his own party with his top-heavy approach to governing.

Meanwhile, with two years as Conservative Party leader under his belt, Mr. Scheer has done nothing to brand the Conservative Party as his own – though, the past few months have seen a few policy ideas begin to trickle out of his camp.

In an age in which the Donald Trumps and Doug Fords of the world have risen to prominence on the right end of the political spectrum, Mr. Scheer has yet to share much of his own personality, leaving Canadians to make assumptions about who he is and what he stands for.

That is no way to inspire confidence in voters.

Speaking of personalities, NDP leader Jagmeet Singh has clearly tried his best to ride on Mr. Trudeau's coattails, but his efforts have been hampered by some of the more bizarre policy ideas – like the Leap Manifesto – that have come out of the NDP camp in recent years, and eroded the party's historic 2011 gains under the late Jack Layton.

With these as the top three offerings this fall, is it any wonder that a July survey by the Laurier Institute for the Study of Public Opinion and Policy found that many Canadians are wishing they could vote “none of the above”?

# VIEWPOINT

August 22, 2019

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## YOUR TWO CENTS

### RM of Leask must allow time for public input

Dear editor,

Regarding the adoption of an Official Community Plan and writing (amending) of the RM's Zoning Bylaws for the RM of Leask 464, I, Gary Gini, amongst other concerned ratepayers of the RM of Leask wish to voice our concerns with the process to date. While the council of RM #464 Leask has complied thus far with the minimum standards of notification as outlined by policy of the Province of Saskatchewan, Municipal Affairs, regarding changes to by-laws and implementation of an Official Community Plan, many residents and ratepayers have expressed con-

cern that this important process has not received sufficient time for public input and debate on the issues in an effort to seemingly "fast track" the approval process.

Holding this hearing at the height of the summer vacation period, with no more than the minimum required notice, gives the appearance that the RM council is not genuinely interested in receiving input and engendering healthy debate. The majority of the ratepayers in attendance of the public hearing stated reasonable notice was not granted to adequately review and prepare a response for the public hearing.

In the public hearing held on July 13, 2019, the concerned members of the public were limited to five minutes each to address their concerns. After strong urging from former councillor, Brent Duncan, the time allowed for members of the public to present their concerns was increased to twenty minutes each. This time allotment was insufficient for each of the three speakers who came ready to present their concerns, requiring us to summarize and skip details. While our request to submit in writing was accommodated, concerns were voiced that our commentary would not then

reach the "public."

Additionally, the Province of Saskatchewan, Municipal Affairs dictates an additional public hearing be held specifically to address each substantive change to the bylaws, "such as new text." This document also outlines the need to explain the reasons for the changes or amendments to the bylaw(s). To my knowledge, this latter has not been expressly undertaken.

We strongly urge the council to make this important process more inclusive and transparent, and to open it up for additional public input and debate. We expect these bylaws to

serve the RM of Leask and its ratepayers and residents for years to come, thus it is imperative that they serve the public as fairly and effectively as possible. We ask that the council schedule any required or additional public hearing(s) after the fall harvest to ensure the maximum participation of the RM's residents and ratepayers. We also request additional ratepayer's meetings this year, and inclusion on future council meeting agendas (dates to be determined) to discuss the proposed Official Community Plan and Zoning Bylaws once suggestions have been considered and changes applied.

We are sharing our rebuttal with concerned members of the public by direct mail, email, and through the Facebook group, the "Real Concerned Citizens of Leask Association." Additionally, copies will be sent to our local MLA, Premier Scott Moe, local and provincial media, the Municipal Affairs office, and SARM.

We invite the council, RM staff, members of the provincial government, members of the media, and all interested parties to contact us regarding any questions or to discuss anything herein further at garygini@gmail.com.

Gary Gini  
Saskatoon, Sask.

### Government undermining flawed Canadian Grain Commission

Dear editor,

Grain companies have never liked the Canadian Grain Commission (CGC) with its mandate to "regulate the industry in the interests of producers." For over 100 years the CGC has had the legal responsibility to stop grain companies from using faulty weights, grades and inspections, because all too often these companies have deliberately tried to cheat farmers to make higher profits for themselves. Some things never change.

Over the past couple of decades, the CGC's ability to do its job for farmers has been eroded by governments influenced by lobbying from the grain companies.

The CGC has been most seriously undermined when governments have

appointed Chief Commissioners who previously worked for -- and whose thinking and values are aligned with -- the very grain companies they are now tasked with regulating.

Over the past several months, Agriculture Canada and the grain companies, in concert with the current senior staff of the CGC, have been re-writing the Canada Grain Act, mostly behind closed doors. Grain company foxes are advising on how to guard the producers' hen house.

Their proposed changes to the Act -- a grain company wish list -- will be put in front of the new Minister of Agriculture immediately after this fall's federal election, with the expectation it will be quickly passed into law by Parliament. This wish list will call for the repeal

of the CGC's mandate to "regulate the industry in the interests of grain producers". Changing the CGC's role from policing the industry, safeguarding the fairness, quality and integrity of Canada's grain system to instead becoming merely an optional service provider to the grain companies, would cause huge losses for grain farmers. Sidelining the referee would fix the game in favour of the companies.

Farmers are fighting back against the seed companies' efforts to force farmers to beg (and pay) to save and re-use seed we grow on our own farms. Now farmers need to stand up to the grain companies' efforts to grab total control of all aspects of the grain handling and marketing system. This election, farmers need to make sure all their federal

candidates know that the Canadian Grain Commission and its mandate to protect grain farmers' interests are essential to maintaining a healthy farming sector in Canada.

Stewart Wells,  
Swift Current, Sask.

  
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### Spiritwood Herald

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Editorial: chnews@sbchron.com  
Advertising: chads@sbchron.com

### C. J. Pepper, Publisher

Dave Hyndman, Reporter  
306-883-2398

Madeleine Wrigley, Advertising Sales  
sales@sbchron.com

Meghan Penney, Composition/Pagination  
chads@sbchron.com

Karen Stene, Bookkeeping/Reception  
accounting@sbchron.com

Office Hours: Monday - Thursday, 8 a.m. to 5 p.m.;  
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Member of



# Shell Lake Hey Days a successful community effort

**By Anita Weiers**

The 37th annual Home-steader Hey-Days took place in Shell Lake on July 19, 20, 21, 2019. After a rainy spell we were blessed with sunny weather which always contributes to a successful weekend.

On Friday, the local legion Branch sponsored a

hamburger BBQ with a new twist. Instead of setting up outdoors they utilized the Legion Hall and people were able to sit comfortably at the tables without the flies or the sun beating down on them. Attendance was much the same as other years. The Shell Lake Lion's club sponsored a jam session at

the community centre. That too was well attended with many musicians and singers providing the entertainment along with Bruce and the Midnight Ramblers as back-up band. Pie and coffee was served by the Shell Lake Senior club.

Saturday is always the "big day" and it begins with an outdoor pancake breakfast at the Partner's in Worship church. It lasts from 8 am to 10:30 and affords people quite a bit of time for visiting and reconnecting with old friends. While the breakfast is going on kids of every size are busy getting their faces painted at the Library or are decorating their bikes for the children's parade. The Shell Lake General store has sponsored the children's parade for years and years and reports that just under 100 kids participate.

The main parade got underway at 11:30 and was led by our local Legion Branch #15 and a Legion band from Saskatoon. They definitely were a hit! A good band like that costs money and the sponsoring Events Committee is able to pay them from generous donations by local businesses. This year's parade was wonderful! It seems that almost all clubs, organizations and businesses were represented and the floats

were decorated so cleverly. We even had some horseback riders which always adds to the parade.

There were many attractions following the parade, for the young and the young at heart. Kids basically entertain themselves as long as they have Bouncy castles, sand pits, Sumo wrestling, balloons, mini golf etc. The Senior's enjoyed an afternoon of Kaiser. The restaurant and bakery as well as Legion kept the crowd satisfied with ribs or burgers and sweets. The line-up at the clay bake oven was long but eventually everyone was able to garner a cinnamon bun made and baked by the Catholic ladies....the proceeds of which go directly to a school in Haiti.

Sunday is always more subdued and this year especially so. The only events



**Eden Rogers and Lindsay Brataschuk tried the Sumo wrestling at the Shell Lake Hey Days.**

munity ages we are finding it more difficult to carry on at the same pace so don't be shy to offer to help!

The Shell Lake Events Committee hopes you enjoyed your stay and invites you to come again next year!



**Brad Brataschuk again had his John Deere AR in the Hey Days parade, this time with his granddaughters as passengers: Eden Rogers, Brianne Brataschuk, Reese Brataschuk.**



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# AGRICULTURE

August 22, 2019

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## Anticipation building for fall harvest

You can almost feel the anticipation in the air.

It is the time of year when grain and oil-seed producers begin to become rather antsy for the start of the fall harvest.

Recent road trips to Sandy Beach on Good Spirit Lake for a disc golf tournament, and a run to Regina for East Indian food, were a good opportunity to take note of the state of crops.

While there were no swathers in the fields,

a lot of crops were beginning to show the familiar golden tinge that denotes a crop is ripening so that it can soon be harvested. The trips were 10-days ago from when this article will see print, and some of the crops are likely going down, marking the start of harvest.

It is always a time that excites farmers, the point when they feel they will be able to harvest the crop and see a return on what is now a substantial investment in every acre



CALVIN  
DANIELS

planted.

It is also a time, as I recall from my youth, a time of uncertainty for producers. No one can be sure of what sort of production a field

might yield on a given year until the combine begins its work.

There are so many factors that go into yield, from timely moisture, to the potential impact of heat at the time a crop flowers, to heavy rains, and of course the input of fertilizer and the control of weeds which compete with crops.

Most of the stands this year, at least on the highways travelled recently, look good although as always they are variable too. Some

crops don't look very tall, which from an SUV seat at 100 kilometres an hour doesn't mean a lot, but one wonders if the crop perhaps needed an extra rain or two. Or, it might just be the variety, and a great yield awaits harvest.

That is the \$64,000 dollar question as they say, which in the case of today's agriculture the sum is not far off what producers will be shooting for on a quarter-to-quarter basis in terms of gross return.

Of course while the wheels will be starting to turn, and that is always good news when harvest gets a good start in August, there are still weeks of work ahead, and Mother Nature can throw a wrench into the gears with rain and frost yet.

But at present farmers will just be happy to be out in the field reaping what they have sown, which is the heart of their business, meaning driving the combine is often when producers are happiest.

## Prairie wheat commissions commit nearly \$18 million to research

The Alberta Wheat Commission (AWC), the Saskatchewan Wheat Development Commission (Sask Wheat), and the Manitoba Wheat and Barley Growers Association (MWBGA) committed a combined \$17.9 million to 81 wheat research projects during the 2018/2019 crop year.

The investments will benefit farmers with the development of new wheat varieties with improved genetics along with innovative research into pest management, agronomic practices, and grain storage. The commitments of the three Prairie wheat commissions have helped leverage \$76.6 million in total funding for these projects from all funding sources, including the governments of Canada, Alberta, Saskatchewan, and Manitoba, as well as universities and private industry.

The funding for the previous crop year includes a commitment to the Canadian National Wheat Cluster (Wheat Cluster), a five-year research agreement worth nearly \$25 million which includes funding from Agriculture and Agri-Food Canada through the Canadian Agricultural Partnership's AgriScience program as well as Sask Wheat, AWC, MWBGA, and seven additional producer and private organizations. The Wheat Cluster is being administered through the Canadian Wheat Research Coalition (CWRC), a partnership of Sask Wheat, AWC, and MWBGA.

"The diversity of projects that Sask Wheat was able to invest in this year on behalf of Saskatchewan wheat

farmers will create new opportunities, build on innovative research, and enhance the long-term viability of growing wheat," said Laura Reiter, Sask Wheat Chair. "Collaborating with AWC, MWBGA, and the organizations participating in the Wheat Cluster enhances our efforts as a commission and strengthens the prospects for Canadian wheat in the global marketplace."

"Investment in research aimed at improved farm-gate returns is AWC's top priority," says Janine Paly, AWC research chair. "With new projects in our portfolio ranging from helping to determine the value of beneficial insects to closing the yield gap through agronomy and strengthening access to premium CWRS varieties, we look forward to seeing results. And now with the CWRC serving as a collaborative investment model, we are able to further maximize value for western Canadian wheat farmers by working alongside our counterparts Sask Wheat and Manitoba Wheat and Barley Growers Association."

"The MWBGA continues to fund research projects that will improve the profitability of Manitoba wheat growers," says Fred Greig, MWBGA chair. "The various projects meet the strategic research priorities the board laid out, with research focused on variety development, fusarium head blight, nitrogen and protein management, excess moisture management, and use of plant growth regulators. We are also pleased to work closely with our sister wheat organizations in Alberta

and Saskatchewan to further wheat research across Western Canada."

The commissions committed the following amounts to research in the 2018/2019 crop year:

- AWC committed \$6.6 million to 46 projects, including over \$2.6 million to 19 projects under the Wheat Cluster. This includes \$282,000 committed to Dr. Brian Beres (Agriculture and Agri-Food Canada) to quantify the yield gaps across the Prairies and to determine opportunities to sustainably improve yield through management practices. This project is also funded by Sask Wheat, MWBGA and Alberta Innovates.

- Sask Wheat committed over \$8.8 million to 48 projects, including over \$3.1 million to 15 projects under the Wheat Cluster. A key project will be research into fusarium head blight (FHB) resistance by Dr.

Randy Kucher of the University of Saskatchewan's Crop Development Centre. This project, which Sask Wheat is providing over \$317,000 to over three years, focuses on seeking new sources of resistance for FHB and in understanding the resistance mechanisms. This project is also being funded by the MWBGA.

- MWBGA committed \$2.5 million to 42 projects, including over \$933,000 to 16 projects under the Wheat Cluster. This includes funding committed to nitrogen management and a multi disciplinary approach to the development of tools and techniques to manage extreme moisture.

The three commissions co-funded 36 of the 81 total projects.

For more information on the commissions and the research they invest in on behalf of wheat farmers, please go to their websites.

### North West College

#### North West College is Currently Accepting Applications for the Following Position:

##### Instructor – Meat Cutting Meadow Lake

**Posting#: 69-ML-1920**

Reporting to the Program Coordinator, this in-scope Instructor position is responsible for the planning and delivery of the Meat Cutting classes within the Forest to Fork program. This position is 42 days in total running from October 11, 2019 – December 11, 2019.

For a complete position profile, and application visit: [www.northwestcollege.ca](http://www.northwestcollege.ca).

Applications will be received until Friday, August 30, 2019 at noon.



[www.northwestcollege.ca](http://www.northwestcollege.ca)

# 14 endure, enjoy rainy Pink Caddie Cup

"If this wasn't so much fun, none of us would be out here."

The "us" Joyce Willick was referring to were the fourteen participants taking part in the 5th Annual Pink Caddie Cup. The numbers were down for this year's two-day, three-round event, from a high of 32 last year.

But the enthusiasm was there. It had to be, otherwise why would a group of women put up with rain, wind and cold if not for a chance to take part in the premier women's golf event of the summer.

And where last year's

Cup run was a runaway, this year's was much tighter, making every match that much more critical.

The fourteen were divided into two teams of seven, with three nine-hole rounds of match-play golf held over Friday and Saturday, Aug. 16-17.

The Friday round was best ball, with Team Gray emerging with a 2-1/2 - 1-1/2 advantage over Team Blue.

Team Gray added another point following Saturday morning's alternate-shot round, coming out of it with a 5-3 lead. Team Blue would need no fewer than 4-1/2 points out of the seven available in the singles matches.

They didn't get it. Team Gray added 4-1/2 of the seven.

The final tally was 9-1/2 - 5-1/2 for Team Gray, giving them the honour of having their names inscribed on the Pink Caddie Cup. Unfortunately, there were no new cars for the winners, but there will be bragging rights for an entire year.

Specialty prizes were awarded. Randi Ditto won the Ladies Long Drive, Renee Tipewan sank the longest putt, and Marilyn Mochoruk was Closest to the Pin.

A number of door prizes were drawn.

The event concluded with a supper. Sponsors assisting with expenses included



**Team Gray, with the Pink Caddie Cup:** Back: Shirley Dauvin, Mary Sukkau, Laurie Mayo, Betty Free. Front: Helene Fisher, Val Willick, Marilyn Mochoruk.



Shirley Dauvin was bundled up for warmth for her approach on #17. It was raining fairly hard – and sideways – at this point, although the rain would quit.



Renee Tipewan writes her name on the card after sinking the longest putt.



**Handshakes between Helene Fisher and Joyce Willick following their singles match Saturday.**



**Team Gray and team Blue, all wearing last year's jackets with no connection to this year's teams.** Back Row: Val Willick, Mary Sukkau, Lorrena Fineday, Renee Tipewan, Laurie Mayo, Dona Bedi. Front Row: Betty Free, Laura Beauchesne, Helene Fisher, Joyce Willick, Marilyn Mochoruk, Shirley Dauvin, Randi Ditto, Terri Krushelniski.



Betty Free and Laurie Mayo were prepared for the worst Saturday morning. "We could have used this cover yesterday," said Betty, "but I had left it in the car."



**It's raining, but they're still smiling.**

# Explaining carbon pricing - Part 3

**By Estelle Hjertaas**

**Liberal Candidate, Prince Albert**

5. What happens to the money from carbon pricing?

Under the federal plan, 90% of the proceeds from the fuel charge will be returned directly to individuals in that province through the Climate Action Incentive Payment which you saw as a credit when you did your income tax. The amount in Saskatchewan is \$305 for the first adult, \$152 for second person, and \$76 for each child in the family. The average household in Saskatchewan will receive \$609. Those in rural communities, which includes Prince Albert, receive an extra 10% in recognition of the challenges that we face in terms of having fewer transportation options. The average household in Saskatchewan will pay \$403 in extra costs due to the carbon price in 2019 and will receive \$609 through the Climate Action Incentive. The majority of families will receive more money than they pay. As the carbon price rises in future years, the Climate Action Incentive will also increase.

The other 10% of the revenue from the fuel charge will be used to support the province's schools, hospitals, small and medium-sized businesses, colleges and universities, municipalities, not for profit organizations and Indigenous communities. For example, on June 25th Environment Minister Catherine McKenna announced \$12 million in grants to Saskatchewan schools for retrofits to reduce their energy use.

Money collected in Saskatchewan from the federal Output-Based Pricing System on industrial facilities will be returned to

Saskatchewan. The federal government is currently seeking input on the best way to return the proceeds.

6. How do I decrease my carbon emissions, and therefore the amount that I pay and help the planet?

In general, reducing electricity and fossil fuel (like gasoline and natural gas) use is the way to go. Here are some easy things that everyone can do without spending any money at home:

- Unplug all electronics when they are not in use. The Saskatchewan Government notes that 40% of all electricity used by electronics is used when the power is turned off! Called vampire appliances, anything with a motor or a light on it is drawing power -think your cell phone and laptop chargers, television, electric toothbrush, computer monitor and speakers and many more things. If you plug these into a power bar, you can flip to the switch to turn them off when they are not in use. If you don't have a power bar, simply unplug them when you are done using them.

• Adjust your thermostat:

- In the winter, turn the temperature down when you won't be home (you can also do this at night) - I usually do about 15 degrees Celsius. If you have a programmable thermostat, you can automate this. If not, just turn it down when you leave.

- In the summer, turn your AC down or off when you aren't home.

- If you are going to be gone for several days, this can save a lot of energy.

- It is a myth that keeping a constant temperature requires less energy than heating/cooling only when required. It is also a myth that your house will heat/cool

faster by turning the thermostat higher/lower. This will only affect the final temperature, not the speed at which it is reached.

- Turn the lights off when you aren't using the room. For outdoor lights, a motion sensor can be effective at saving energy.

- Turn fans off unless actively using them - fans move air, which cools the skin, not the air in the room.

- Wash your clothes in cold water and hang dry instead of using your dryer.

For your vehicle:

- Drive your vehicle less often - think about what trips you could do on foot, biking, or by public transit.

- Reduce your air conditioner use in your vehicle. According to NRCan, "Using a vehicle's air-conditioning system increases its fuel consumption more than any other auxiliary feature." You can also use the recirculated air function, which will only cool air already in the vehicle, rather than cooling hot air from outside.

- Don't idle your vehicle when you're waiting for someone: According to the Government of Saskatchewan, "a vehicle idling for 10 minutes a day uses more than 100 litres of fuel in a year."

- In the winter, don't idle for more than 30 seconds to warm your car up - driving is the best way to warm the engine. Keep your tires properly inflated, and use a block heater on a timer set to turn on at most two hours before you start the en-

gine.

Here are some other actions that cost money but can create large long-term savings:

- Replace your lightbulbs with LED lightbulbs. These use 75% less energy than an incandescent lightbulb, and are longer lasting and use less energy than CFLs.

- Replace old windows with more efficient models.

- Add insulation to your attic and walls, especially if you have an older home.

- Replace your furnace, hot water heater, air conditioner and other appliances with Energy Star models.

- Generate your own electricity! In the city, this would most likely be in the form of rooftop solar. SaskPower has a Net Metering Program that allows consumers to sell electricity to the grid to cover their own power costs.

- When you are looking for your next vehicle, consider what kind of vehicle you need and what the most fuel efficient option is. Do you need a truck every day, or just a few times a year? If it's only a few times a year, it might be cheaper to borrow or rent a truck for those few uses and purchase a smaller, more fuel-efficient vehicle for everyday use. Electric or hybrid vehicles are other options to reduce your gas use.

- Look into paying the extra money for an ecodiesel or ecoboost engine on your next vehicle to reduce fuel use.

## Car shopping in 2019



### COMMUNITY CALENDAR

**SPIRITWOOD:** Wapiti Regional Library - Tuesday 9:00 am - 4:30 pm, Wednesday 9:30 am - 4:30 pm & Friday 9:00 am - 4:30 pm

**LEOVILLE:** Wapiti Regional Library - Wednesday 10 am - 4 pm; Thurs. 10 am - 3 pm (Storytime from 10:30 am to 11:30 am)

**SHELL LAKE:** Wapiti Regional Library - Tues. 12:30 pm - 4:30 pm; Wed. 1 pm - 4 pm.

**SHELLBROOK:** Shellbrook Summer Fair. Saturday August 24th, Shellbrook Sports Grounds. 65" TV Draw plus four additional 42" TV Draws during the Rider game, Beef On a Bun @ 4:30 pm, Rider Game @ 5 pm, Kids football under the lights, Family Dance w/DJ @ 9 pm and much more! See posters & advertisement in the August 15 *Spiritwood Herald* for details!

**PRINCE ALBERT:** Thunder In The Pines: Truck & Tractor Pulls. Prince Albert Exhibition Grandstand. August 30 & 31. Friday 6:30 pm ~ Saturday 6 pm. All proceeds go to Rose Garden Hospice. Advance tickets available at: Raider Box Office, Art Hauser Centre or online at [raiderhockey.com](http://raiderhockey.com). Adults: 2 days \$30, 1 day \$20; Youth (6 to 17): 2 days \$25, 1 day \$15; Children (under 6): FREE \*must be accompanied by an adult. At the gate: Adults: 2 days \$35, 1 day \$25; Youth (6 to 17): 2 days \$30, 1 day \$20; Children (under 6): FREE \*must be accompanied by an adult. Local entertainment to follow on Sat., Aug. 31 at P.A. Ex Grandstand.

### TRIPLE YOUR ADVERTISING

We'll advertise your important community event in our Community Calendar FREE for two weeks prior to the event with the purchase of a 2 column x 2" Display ad for only:

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Available to Non-Profit & Community Organizations Only

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"Don't miss out on letting your Community and others know of your event!"

# Spiritwood Herald

Box 10, Shellbrook, SK S0J 2E0

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(NC) It's no wonder many Canadians are apprehensive about shopping for a new car or SUV. Owning a vehicle is often the second largest (and longest) financial investment we make next to real estate. That's a lot of hard-earned dollars to spend on a single item, so it's important to choose wisely.

To help navigate the buying process, Hyundai Canada wants Canadians to consider these three factors before heading to the dealership for a test drive:

1. **Think ahead:** Whether you're purchasing or leasing, selecting a new vehicle is not a short-term decision. Consider what changes you have planned for your family in the next few years. If you'll need to fit more than one car seat in the back, or if you'll be chauffeuring your children and their friends around town, it may be best to opt for a larger SUV even if you only need a sedan today.

2. **One charge or two:** Electric vehicles have made incredible improvements in the past few years and no longer need to cause drivers range anxiety. In fact, the Hyundai Kona electric gets up to 415 kilometres of range on a full charge. In addition to helping the environment, those who purchase or lease electric vehicles could be eligible for impressive government rebates.

3. **Safety:** One in five parents admit that driving with children in their vehicle stresses them out. Ensuring that your next vehicle provides these little passengers the best safety features is of course a top priority. The new Hyundai Palisade SUV comes with 2nd and 3rd row seat belt reminders so parents can rest assured knowing everyone is buckled in and ready to go. Parents should always look at vehicle safety features and ratings before making any decisions.

# 44 vendors at 9th annual show

The 9th annual presentation of the Witchekan Wildlife Federation (WWF) Gun and Hobby Show was held Aug. 10 and 11, with some 44 vendors occupying 100 tables, offering a little bit of everything to the curious public.

Among that "little bit of everything" were firearms and ammunition, knives, reloading supplies, antiques and collectibles, jewelry, Tupperware, Watkins, handmade quilted, knitted or crocheted crafts, metal works, wood-working art, cement art, leather crafts, aromatherapy items, dietary supplements and health supplies, baby supplies, homemade jams and jellies, and natural and flavoured honey and soaps.

"If we didn't have exactly what you were looking for, we had its first cousin!!!" read a report on the show.

Attendance was believed to be down a bit this year. However, getting an exact count of attendance is an elusive art. The "ballpark guestimates" put the figure for Saturday at

344 and for Sunday, 175. Still pretty heady numbers. Most vendors were happy with the turnout, and the WWF organizers were satisfied as well.

The 50-50 winners were, too. Terry Herzog, a long-time exhibitor at the Gun Show was the winner of \$437.50 in Saturday's draw, while Fred Walter took home \$277.50 on Sunday.

The WWF made the draw in their annual raffle, with winners (and prizes) as follows: Lester Jim (Browning X-Bolt 7mm rifle); Graeme Zacharias, Saskatoon (Aqua-Vu Micro Rev Pro P4 Underwater Camera); and Brian Cross (Lazer 410 Shotgun).

Door prize winners included Terri Buban and Dale Heimark on Saturday, and Brent Smith and Ben Egeland on Sunday.

The WWF uses the money made from the Gun and Hobby Show for such activities as maintenance and improvement of the Gun Range at Chitek Lake, and the docks and camping areas of Larson Lake and Huard Lake. In addition, they sponsor two local youth to attend the Saskatchewan Wildlife Youth



Guns of many descriptions occupied the interest of many attendees.

Camp as well as providing a donation to the Youth Camp.

Local sponsors of the event include Cavalier Agrow Ltd., and Lake Country Co-op.

"We appreciate the support of not only the exhibitors who attend to make this show a vibrant event," said a spokesperson for the WWF, "but also of the community members from near and far who come out to make this show a success."



Angela Pouliot and crew from the Leoville Travel Club hard at work manning the concession and providing a filling and tasty pancake breakfast both mornings.



**Mathew Pouliot and Rachel Halko did a brisk business and provided a much-appreciated service by taking orders and delivering same to the exhibitors, along with a smile and a laugh.**



**Mary Werezak, Tupperware lady extraordinaire and long time show supporter, with Suzanne Lavoie.**



**Goods of all description were offered for sale on the 100 tables occupied by 44 vendors.**



**Brian Cross was the winner of the .410 shotgun, presented by Al Turgeon.**



**Yvette McGowan and Jennifer Peters - Tasty treats prepared and sold by Prairie Community Endeavours.**



**WWF Executive Members Maurice Bourassa, Dave Millar, and President Lyla Millar ready to welcome attendees.**

# SPORTS

August 22, 2019

www.spiritwoodherald.com

Spiritwood Herald 11

## NFL exhibition game falls flat in Winnipeg

Slap the 'NFL' label on it, and it will sell anywhere, right?

Not so fast.

Oakland Raiders and Green Bay Packers have a pre-season game scheduled for Winnipeg's Investors Group Field Aug. 22 and possibly the only thing in greater quantity than mosquitoes that night will be empty seats.

Two weeks before the clash — which could feature the likes of quarterbacks Aaron Rodgers and Derek Carr, and likely will, for a short while anyway — ticket sales were ... well, a little on the slow side.

At the pace of ticket sales on Aug. 7, an estimated 27 per cent of IG Field capacity — about 9,000 people — would be occupied by paid fans. One of the reasons could be that the cheapest seat available, in the upper deck of the stadium, was selling for \$191.50 Canadian. (Some end-zone ticket prices were later trimmed to try to boost sales.)

That compares with

pricing between \$45 and \$123 Canadian for the Bombers-Stampeders game Aug. 8, which featured the top two teams in the Western Conference and wound up a 26-24 nail-biting victory for the home team. A Western final preview, perhaps?

Some Winnipeggers can't get enough of the NFL, but it's obvious that many more are offended by the arrogance of promoters, who must think that the NFL brand will sell anywhere. It's akin to the experiment from 2008-13 when Buffalo Bills played a series of pre- and regular-season games in Toronto but crowd sizes were underwhelming, and high ticket prices were believed to be a key factor.

Packers-Raiders promoter John Graham said this to the Canadian Press: "Did I think coming out of the press conference we would have stronger sales? Yes. Am I expecting a good push going into the final month? Yes."



BRUCE  
PENTON

Expecting? Maybe. Hoping? Yes. With fingers and toes crossed in hopeful anticipation.

Pre-season NFL games are traditionally lacking in excitement, because coaches tend to rest star players while taking a game-action look at prospects, rookies and free agents. Football fans in Winnipeg have indicated with their wallets and credit card usage that they'd rather see Matt Nichols vs. Nick Arbuckle than Rodgers and Carr for what could be brief appearances.

It could be quite a nostalgic night for Rodgers and Carr, though. When they're standing

under centre and look up at the 9,000 people in the seats, it will offer them a fond remembrance of their high school days.

- Headline from thenion.com: "LeBron James reveals school he founded has seen huge gains in English, math and dunk testing."

- Dwight Perry of the Seattle Times: "Giants fans and Jets fans came in 1-2 in Yahoo! Sports' Most Tortured NFL Fan Base Index. Which certainly puts a whole new spin on 'New York, New York.'"

- Brad Rock of the Deseret News: "Dodger Stadium is undergoing a \$100 million renovation. Plans include a new entertainment plaza, a beer garden, improved seating and two sports bars. Dodger Dogs will continue unchanged for another 1,000 years or so, before being retired to right field with their own monument."

- Another one from Rock: "The Atlanta Hawks reportedly are keeping a spot open for

42-year-old Vince Carter if he wants it. They're saying all he needs to do is prove his vertical is still higher than his age."

- Dwight Perry again: "A Lithuanian couple won the 28th annual World Wife Carrying Championship in Sonkarjavi Finland on July 8. Just think of it as the flip side to U.S. soccer, where the women carry the men."

- Comedy writer Jim Barach: "The Orioles Chris Davis had to be restrained from going after manager Brandon Hyde. Although Hyde wasn't really worried as it isn't like Davis (.183, 110 strikeouts) is actually able to hit anything."

- Another one from Barach: "The Detroit Tigers are on pace to win 49 games this year, making them one of the worst teams ever. You know it's getting really bad when the team gets a sympathy card from the Orioles."

- Another one from Rock: "The Atlanta Hawks reportedly are keeping a spot open for

Need To Consider The Risk That They'll End Up Having To Sign With Jets"

- One more from Dwight Perry: "The Yankees — despite putting 25 different players on the Injured List this season — reached a whopping 36 games over .500 this month. In other words, they're sore winners."

- Vancouver comedy guy Torben Roffsen, on untouchable sports achievements: "No one will ever match the record of Lance Armstrong's seven consecutive stripped titles."

- Comedy writer Alex Kaseberg, on the U.S. women's national soccer team playing Ireland: "So you're either for us or a Guinness."

- Another one from Barach: "The Detroit Tigers are on pace to win 49 games this year, making them one of the worst teams ever. You know it's getting really bad when the team gets a sympathy card from the Orioles."

- Another one from Rock: "The Atlanta Hawks reportedly are keeping a spot open for

Care to comment?  
Email brucepenton2003@yahoo.ca

## 5 tips to reduce side effects from medical devices and medications

(NC) Medical devices and medications help to treat or prevent illness and disease. They also help to relieve symptoms and manage health conditions. However, sometimes they can cause problems.

Problems can happen if your body responds badly to a drug or medical device. Allergies are another type of reaction. Symptoms may be mild, such as a rash, or severe, such as anaphylaxis.

Anyone can experience a negative side effect from a medical device or medication. Fortunately, there are some steps you can take to minimize your risk. Here are some tips from Health Canada:

1. Follow the directions. The best way to reduce your chance of having a medical device inci-

dent or adverse drug reaction is to use your device and take all medications according to the instructions.

2. Talk to your doctor. Tell your health-care provider about all the medications you take, both short- and long-term. Don't forget to mention over-the-counter medications, vitamins and supplements, as these can cause drug reactions as well.

3. Use an extra set of eyes. You may want to use only one drug-store or pharmacy, which allows the pharmacists to get to know you and the medications you take. Pharmacists are trained to look at medications and know how they interact and if they could cause an adverse drug reaction.

4. Watch what you eat. Some

foods can interact with medications, causing an adverse reaction. For example, grapefruit and its juice may affect how some drugs work. Alcohol and caffeine can cause reactions as well. Every time your health-care provider prescribes a new drug, ask about all the possible interactions.

5. Speak up. It may be hard to know if a symptom is related to your device or medication. Contact your health-care provider if you have any symptoms and they can make a recommendation on whether to continue, stop or visit a hospital. Be sure to report any side effects from all health products, including medical devices, medications and natural health products, to your health-care team and Health Canada, so that they can be addressed.



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## OBITUARY

*Florence "Flo" (Coates) Dicus*

loving every minute of their company. Flo became a more active member of the Royal Canadian Legion, the museum committee and the library board. She loved her flowers and her garden and especially liked to sit on the deck to admire the yard and watch the beauty of nature. Flo enjoyed the annual trips made in the fall to Edmonton with her daughters and daughter in law for shopping and a bit of gambling.

In 2018 Flo moved to Shellbrook to enjoy the comforts of assisted living. As the sparkle in her eyes grew dim we watched mom get weaker and weaker. She passed away peacefully under the watchful and compassionate eye of her family and the staff of Spiritwood Long Term Care.

Flo is predeceased by her husband Bud Dicus on August 8, 2012, her parents, her siblings Ernest, Agnes, and Russell, and many other relatives.

Flo will be dearly missed by her family and friends.

She is survived by her children: Merl (Estelle) of Shell Lake, Penny (Raymond) of Debden, Trudy (Paul) of Prince Albert, Lorne (Twila) of Saskatoon and Scott (Christi) of Radium, BC., her grandchildren: Michelle (Drake), Marc, Melissa (Ryan) Amy, Jennifer (Dominique), Kev-

in, Wade, Kyle (Rae-Anne), Travis, Jason, Brad, Megan, Devin, Ashley, Alicia, Tiana, Brock, Amber, Jody, and Cole, her great grandchildren Ashton, Bryn, Briel, Lowen, Keira, Kamryn, Dylan, Jared, Cohen, Luci, Oscar, Emmy, Angus, Pearl, Jack, Kaleb, Lila and Jayce. Sisters in law, Terry Coates, Muriel Dicus, and Grace Kennedy, brother in law Owen Dicus and also many other relatives.

A Celebration of Flo's life was held at 1:30 pm on Tuesday, August 13, 2019 at the Shell Lake Lions Hall, Shell Lake, SK with Rev. David Jensen officiating. Music ministry was provided by Patty Heisler, the eulogy was given by daughters Penny and Trudy and a special guitar solo of "Alleluia" by her great granddaughter. Members of the Royal Canadian Legion formed an Honor Guard as Flo was carried to her final resting place by her children.

A Private Family Interment followed in the Shell Lake Cemetery where she was laid to rest beside her husband Bud. Following the Celebration of Life all present were invited to join the family for lunch and a time of fellowship in the Shell Lake Lions Hall. Friends so wishing may make memorial donations to the Heart & Stroke Foundation

in memory of Flo Dicus as tokens of remembrance. Family and friends wishing to send online condolences

are invited to visit [www.beaulacfuneralhome.com](http://www.beaulacfuneralhome.com). Funeral arrangements have been entrusted to the

care of Beau "Lac" Funeral Home, Mark Muir, Funeral Director, Shellbrook, SK (306) 747-2828.

## Sask. Health Authority volunteer opportunities

The Volunteer Service Department is in need of caring, compassionate and committed volunteers to fill the following service positions:

Activity Programs – Evergreen Health Centre (Leoville) (306) 984-2136

Volunteers will assist the staff with activities and set up for such. Duties include assisting with crafts, shopping trips, birthday parties, special functions, music therapy, exercise programs, bowling groups, horticulture, painting, baking, etc. Programs change periodically.

Shifts: 9:00 a.m. – 12:00 p.m. or 12:45 p.m. – 4:00 p.m.

Monday – Friday

Pet Therapy – Spiritwood and District Health Complex (306) 883-4432

Volunteers with well-trained, friendly pets may visit the residents at the Nursing Homes. The pets must meet the necessary requirements prior to visiting.

Shifts: Once or twice per week: Flexible hours.

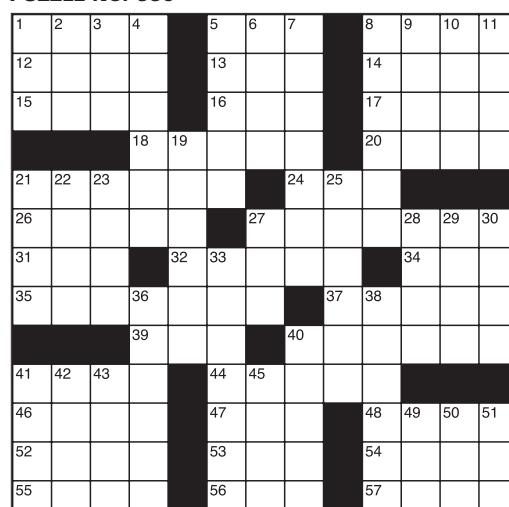
Entertainment – Hafford Special Care Home (306) 549-2108

Volunteer performers (Musicians, magicians, actors, etc.) share their talents with residents in long-term care. Other volunteers assist by inviting residents to a specific area for entertainment, parties, sing-a-longs, etc. Assist with snacks, lunches, etc.

If you are interested in this or any other Volunteer service position, or if you have a particular skill or talent you would like to share with the patients, residents or clients, please call your local health care facility to apply. You can also reach the Volunteer Services Department at (306) 765-6010, by email at [volunteers@paphr.sk.ca](mailto:volunteers@paphr.sk.ca) or find us on the web at [www.paphr.ca](http://www.paphr.ca). We look forward to matching your talents and interests with the right position for you.

## CROSSWORD

### PUZZLE NO. 990



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#### ACROSS

- 1. Footfall
- 5. Go down a slope
- 8. Send a letter
- 12. Opinion survey
- 13. Those elected
- 14. Military branch
- 15. "Having My Baby" performer
- 16. In addition
- 17. Ready to pick
- 18. Grimace
- 20. Glasgow girl
- 21. Sheriffs
- 24. "We \_\_\_\_ the World"
- 26. Indian or Arctic
- 27. Spire
- 31. Moreover
- 32. Chirp
- 34. Affirmative vote
- 35. Sweet course
- 37. Book of maps
- 39. "Look \_\_\_\_ ye leap"
- 40. Globe
- 41. Recipe instruction
- 44. More bashful
- 46. Weaver's need
- 47. Boxing count
- 48. October gemstone
- 52. Sarge's pet
- 53. Fall behind
- 54. Lotion ingredient
- 55. Legume
- 56. Chicago transports
- 57. Small child
- DOWN
- 1. Recreation spot
- 2. Freight weight
- 3. Antlered animal
- 4. Blood part
- 5. Squelch
- 6. Be informed about

7. Separate

8. Actress Matlin

9. Formal solo

10. Mischief-makers

11. Soap ingredients

19. Middle point

21. Burden

22. Teenage problem

23. Unites

25. Record again

27. Decide upon

28. "Gomer \_\_\_\_ U.S.M.C."

29. Shakespearean king

30. Relaxation

33. Grapple

36. Speech

38. Tonsils' site

40. Makes vocal music

41. Messy person

42. Carryall

43. Minute amount

45. Cure

49. Tissue layer

50. Perfect

51. Actress Michele \_\_\_\_\_

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# Nasturtiums: an old fashioned prairie ‘jewel’

**By Patricia Hanbidge**

It seems like everything in life is cyclical in nature. My kids are wearing what I wore for clothing many years ago. In the garden, I am also finding that I am growing some of those plants that were favourites in the last couple of generations. As September 9th is Grandparents Day, this column is dedicated to our grandparents.....whom in most cases have had a great influence on our lives.

One of the first “old-fashioned” flowers that come to mind is the nasturtium. These easy to grow and deliciously scented “jewels” can be found almost everywhere! This is great from the perspective of the gardener as the nasturtium is actually a very versatile plant. It can be used to edge beds, drape over the edges of containers, up a trellis and even in your favourite window box!

Although it is not necessary to seed them inside, you do get a jump on the season if you do. I get encouragement from my youngest daughter, who loves to sip the nectar from the flowers to never neglect starting nasturtiums early.

The nasturtium (genus *Tropaeolum*) comes from a Greek word meaning “to twine”. In the 16th Century, this plant was brought to Europe as a symbol of victory in battle. It is believed to have been first cultivated in Peru as a flavour to add to foods.

Today, nasturtiums are used for a variety of purposes depending on the type grown. Dwarf types of nasturtiums are a great compact plant that



is bushy in stature and covered in wonderful jeweled blooms. Common cultivars include: ‘Alaska’, ‘Empress of India’ and ‘Whirlybird’. Semi-trailing nasturtiums are wonderful in their own right as they will reach a length of up to about a metre. Try out *Tropaeolum ‘Glorious Gleam Mixture’* which was chosen as an All America Selections winner back in 1935! I have fond memories of my children cavorting in and out of bean teepees in the garden. Of course, we never just used beans but dressed them up with some of the single climbing nasturtiums like ‘Jewel of Africa’. Another nice factor of the nasturtium is that the seeds are

quite large so easily planted by tiny fingers!

Nasturtiums thrive on neglect which also helps with their attractiveness. They are best grown in full sun and will most definitely flower more floriferously in sun but actually do quite well in partial shade. Keeping the costs down for gardeners is also possible as nasturtium seeds can be sowed directly into the garden in May. They do best in a light soil but in richer soils they may bloom a little less but have lush green growth.

My personal favourite reason for growing nasturtiums is that the entire plant is edible! The bright flowers are wonderful as

part of any salad but even the leaves will bring a peppery taste to the salad, turning a mediocre meal into a gourmet feast. They also bring a beautiful finishing touch as a garnish on desserts. For me, I enjoy the flavour of nasturtiums right through the

year by making nasturtium vinegar. Read on and find an easy recipe that you can use!

## Nasturtium Vinegar

Add a few leaves and blossoms to a clean bottle or jar. If you like, you can also add a clove of garlic. Fill the container with vinegar and allow to sit for a few weeks. Once the vinegar is flavoured use it freely in place of plain vinegar for marinades, salad dressing and anything else that tickles your fancy.

Last but not least, the fresh seeds of nasturtiums can be used as well. In World War II the dry seeds were picked and ground as a substitute for pepper. Fresh seeds can be picked and pickled as well as a more economical substitute for capers.

Enjoy your roots and plant this super “old-fashioned” flower!

*Hanbidge is a horticulturist with the School of Horticulture and can be reached at 306-931-GROW(4769); by email at growyourfuture@gmail.com; facebook: @schoolofhort; twitter: @horticulturepat; instagram: patyplant or check out our website at saskhort.com.*

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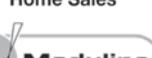
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