



Gazebo project nearing the end



Five members of the Idylwild Lodge Auxiliary in front of the gazebo which has been seven years in the making. L. to r.: Ruth Siegel, Roberta Wasden, Connie Gatzke, Barb Olson, and Linda Pauls.

“We’re not finished yet.”

The members of the Idylwild Lodge Auxiliary were providing an update on progress with their Gazebo project, and they were happy to report that after seven years and many bake sales, barbecues and raffle ticket sales, the gazebo is complete and usable.

Well, almost complete, but definitely usable. The elders of the Lodge have been able to have activities in and around the gazebo for most of the summer. Weather permitting, at least.

The Auxiliary began raising money seven years ago to be put toward the

gazebo, all the while providing funds for other necessities of the Lodge not covered by the internal budget.

They were asked to provide a new cover for the existing gazebo, and the feeling was that such a cover would last about two years and they’d be back at square one. It just didn’t seem like a good idea. Besides, if a table was placed inside the gazebo, four people could not sit comfortably around it.

Hence, a new gazebo seemed to be the answer to a number of questions, and the Auxiliary got to work on the idea. Delegations looked at gazebos in other locations, such as Leask and

Birch Hills, and made some decisions about how they’d have to go about it.

In the end, after seven years of bake sales and raffles, they are looking at a 30x30 gazebo on a 44x44 cement pad, room enough to walk – or wheel – around the outside. It’s completely electrified.

“We wanted it to be big enough to have entertainment, and to fit a Broda chair,” a member said. It is.

The gazebo has already made a huge difference.

“The gazebo project,” said Amy Simonar, Recreation Co-ordinator, “which has been the main focus of our Ladies Auxiliary, has provided a

beautiful, brand new opportunity for our elders. Many of our elders are unable to go on excursions or leave the home, so the gazebo has provided these individuals with the opportunity to be outdoors in a safe environment where they can experience the beauty of nature.”

“It is a brand new freedom for all of our elders.”

So far, the Auxiliary has spent \$44,643.74 on the project. There may be future enhancements to the gazebo, such as roller blinds to be used as windbreaks, but the immediate next step is to do some landscaping.

Continued on page 2



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Gazebo project nearing the end

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Or, should we say “zeroscape”. The goal will be to make the grounds around the gazebo as low-maintenance as possible.

In the short term, that means some trees and bushes will be removed, not just because of the maintenance issue, but also because current trees and shrubs block the view of many of the elders.

“Being able to see what’s going on outside is still valuable and enjoyable to people who can’t be outside,” was the explanation.

Following that, there will be continuing attempts at beautification, and possibly installation of new lighting.

And since all of that will cost some money, people can expect more bake sales, barbecues and raffles.



Auxiliary members looking at what easy changes could be made. Some 11 members over the years have been involved in the decision making and fundraising to see the project through. Louis Marion donated his time as project manager.

Medstead Leisure Life Club gearing up for fall

Medstead Leisure Life held their first meeting after the summer break on Sept. 9 at 7:30 p.m. with twelve members present.

Birthday members were L to r: Shirley Boyd, Fern Kroeker and Kay Drieschner. Cake and

coffee followed the meeting. The cake was made by Fern Kroeker.

Our next meeting will be held on Oct. 7 at 7:30 p.m.

Our monthly jam sessions are starting again. Come and join us on Sunday at 2 p.m. on Sept.

22 for an afternoon of great musical entertainment and socializing.

World renowned Scott Woods band is coming to Medstead on Nov. 17. This will be a Christmas themed event, and tickets will be available soon.



Advertising Deadline is Friday 5:00 p.m.

13,000 new jobs created year-over-year

According to a report released by Statistics Canada, year-over-year job growth in Saskatchewan continues to rise. In August 2019, employment was up 13,000 jobs from August 2018.

Full-time employment increased by 4,300 jobs and part-time employment increased by 8,800 jobs. This marks the 13th consecutive month of year-over-year job increases. Month-to-month employment also rose by 2,800 jobs from July 2019.

“Saskatchewan continues to see steady job creation in spite of headwinds created outside our province,” Immigration and Career Training Minister Jeremy Harrison said. “We will keep standing up for our province against policies that threaten our economy and the jobs of Saskatchewan people, and continue our efforts to diversify export markets for Saskatchewan goods and products.”

The unemployment rate in the province dropped to 5.1 per cent in August (seasonally adjusted), down from 6.6 per cent a year ago and 5.4 per cent last month. Saskatchewan had the third lowest unemployment rate in the country, below the national average of 5.7 per cent.

Other August highlights:

- All-time records were set in August for the working-age population (890,200), labour force (625,700).
- Major year-over-year gains were reported for accommodation and food services up 4,400 jobs; manufacturing up 3,400 jobs; professional, scientific and technical services up 3,200 jobs;
- Off-reserve Aboriginal employment was up 3,800 jobs (+8.2 per cent) for the second consecutive month of year-over-year increases; and
- Private sector jobs up 6,200 (+1.8 per cent).

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Canada and Saskatchewan support Thunderchild Wellness Centre

Investing in cultural and recreational infrastructure builds strong, dynamic communities, supports economic growth, and promotes people's health and wellbeing.

Today, François-Philippe Champagne, Minister of Infrastructure and Communities, and Trade and Export Development Minister and Meadow Lake MLA Jeremy Harrison, on behalf of Government Relations and Minister responsible for First Nations, Métis and Northern Affairs Lori Carr, announced funding for the new Thunderchild Wellness Centre northeast of Turtleford.

The new facility on Thunderchild First Nation will include offices for a dentist and a doctor, a pharmacy, social and childcare facilities, a full-sized ice rink, and a field house. There will also be space for a variety of events from weddings to band council meetings and community gatherings.

The centre will serve Thunderchild First Nation and the surrounding communities of Turtleford, St. Walburg, Edam, Spruce Lake, Mervin, Live Long, Glaslyn, Turtle Lake, Withekan Lake, Pelican Lake, Makwa Lake, and Loon Lake.

While primarily focused on serving First Nations communities, it will be open to

all. Having these amenities in one place will provide access to services that would otherwise be difficult to get, increasing opportunities for people of Thunderchild First Nation and surrounding communities to develop healthy lifestyles and thrive for years to come.

The Government of Canada is contributing \$13.5 million to this project through the Community, Culture and Recreation Stream of the Investing in Canada Plan, and the Government of Saskatchewan is contributing \$4.5 million.

"Community hubs like the Thunderchild Wellness Centre are the backbone of our communities and important focal points for activities that bring people together and help them flourish and grow," said Champagne. "The Government of Canada recognizes that Indigenous peoples are marginalized when it comes to getting access to health services and is determined to close the gap. This project will help accomplish this while supporting local economic growth to build a bright future for all."

"The Government of Saskatchewan is proud to be investing \$4.5 million toward this important centre for Thunderchild First Nation and neighbouring communities," Harrison said. "A great deal of

work has gone into planning for this project. Once built, the wellness centre will help improve quality of life and give the community a new facility they can be proud of."

Quick facts:

- Through the Investing in Canada infrastructure plan, the Government of Canada is investing more than \$180 billion over 12 years in public transit projects, green infrastructure, social infrastruc-

ture, trade and transportation routes, and Canada's rural and northern communities.

- \$25.3 billion of this funding is supporting social infrastructure in Canadian communities.

Dessert of the month



Shelley Goller was the winner of the Dessert of the Month for September. It was made and presented by Phil Willson.

Spiritwood Herald

is looking for the right individual to work part-time with reporting of news happenings in Spiritwood and area.

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“Some thoughts”

For this week, we go back to the vault and find a column from almost exactly 15 years ago – Sept. 20, 2004. Some of it could have been written yesterday.

In parts of Africa, the senior students beat the snakes out of the classroom so the younger kids can go to school in safety.

In Chechnya, the students and parents of Beslan school went through three terrifying days as hostages to a rebel group, with over three hundred people, most of them kids, killed either by the terrorists or by the Russian army in the rescue attempt.

In Israel and Palestine, a car bomb blows up a bus with many children aboard on their way to or from school.

In the Sudan, most kids are hidden away to keep them safe from marauding bands of thugs intent on wiping out whole villages. School? What's that?

In Canada, teachers are switching from red pens to pens of other colours in order to mark student work, claiming that red is too harsh and leads to lowered self esteem among students.

Is this a wonderful country or what?

Hockey fans across the country breathe a collective sigh of relief – Team Canada outlasted everybody and won the World Cup of Hockey, beating Finland 3-2 in a nail-biter Tuesday night.

Non-hockey fans across the country breathe a collective sigh of relief – the NHL owners have locked out the players and there won't be a hockey season for what could be a very long time.

Or a short one, depending on who blinks first. My guess is it won't be the players. The average salary is \$2.2 million per year. I suspect a lot of guys have been sticking some money away for a rainy day such as this. And that doesn't count the \$100 million strike fund they claim to have.

The owners feel they can go a long time, too, since 75% of their costs are player salaries that won't be going out. But 100% of their revenues will be drying up, too. But that doesn't count the strike fund they have, too, estimated at about \$300 million.

We took a trip to North Battleford last week and noticed a number of combines out cleaning off some crop. We couldn't help thinking that these guys would probably have liked another couple of weeks of really good weather before having to haul out the big equipment.

We saw a few swathers, too.

And it rained on the way home.

These guys can't catch a break this year.

I don't think I'm siding with the guys who are refusing to welcome American hunters to our country this fall in protest over the refusal of the Americans to open up the border to shipments of live Canadian cattle.

I'd rather these guys go home after a Canadian holiday telling their friends how the actions of their government and lobby groups are killing us, instead of telling them how badly they were treated by angry Canadians.

All the same, I understand the frustration and anger of our cattlemen

I'd rather we try to convince them to take a cow home with them when they leave for home.

Who says industry is in bad shape in Saskatchewan? The price tag for injuries runs about a billion dollars a year, according to a report in the big daily to the south of us. Eighteen people are hurt every hour and almost one person a day dies from their injuries.

According to the report, Saskatchewan's hospitalization rate from injuries is twice the national average and the death rate is 1.4 times.



In search of reason in the healthcare debate

Having no children of my own, I can't speak from personal experience on this particular matter. However, I've always been led to believe that the birth of a child is one of those life altering, stars aligning, everything coming into balance moments that reveals to us some great secret of the universe, or some hint of our grander purpose in life.

I've no doubt that the nine months leading up to the moment a child is born are filled with the stress of ensuring everything is in place (only to realize, at the last minute, of course, that something important has been neglected), the nervous nibbling of finger nails, an unhealthy measure of second guessing, and the fear that everything will be for naught.

But that first breath, that first cry, that first opportunity to hold your newborn, those things must be a sort of magic that make all the panic and doubt that led up to those moments truly worthwhile.

Or, at least, one would hope that this would be the case for every new parent, given the sacrifice, the tears, and the hard work that go into shepherding a new life into – and, in some cases beyond – adulthood.

Unfortunately, a recent tweet by New York-based journalist and new father Dave Mosher has laid bare a less-than-magical part of having a child in the United States: the utter financial ruin that childbirth, and the healthcare system in general, can bring to a family that isn't fortunate enough to have adequate insurance coverage.

Conceding that he and his family could count themselves among the lucky to be insured, Mr. Mosher shared his bill from a two-day stay at New York's Mount Sinai hospital for mom and baby.

By all accounts the birth was normal, and free of any complications or the use of an epidural. And yet, were it not for their health insurance, the family would have been left on the hook for a bill for mom, totalling \$27,015, and a bill for baby, worth \$27,355.

That's \$54,000, just for the “luxury” of bringing a new life into this world.

Does anyone else think it's absolutely bonkers that a child can effectively emerge from the womb and find him or herself \$27,000 in debt? Or is it just me who feels that something is horribly wrong with a healthcare system that functions this way?

Now, some of you are likely asking yourselves why you're reading this, when it has nothing to do with the type of health-

care service provided in Saskatchewan, or even anywhere in Canada.

But the subject bears discussing, because there are some in this nation who would love nothing more than to emulate the American model of private for-profit healthcare, and rid Canada of the taint that is its “socialist-inspired” public healthcare system.

Granted, the Canadian healthcare system isn't without its shortcomings.

Despite the joint efforts of provincial and federal governments, wait times for medically-necessary procedures are much longer than should be considered acceptable almost everywhere in the country. This, quite naturally, is a symptom of the lack of resources available within our healthcare system.

And this, in turn, points to a larger issue with the inadequacy of government funding for a healthcare system that is seeing growing demand for its overstretched resources.

With that all said, having the best healthcare system in the world counts for absolutely nothing if a large percentage of the population can't afford to access it at all, and another segment of the population can't make use of it without being saddled with crippling debt.

Moreover, for all the improvements that must be made by the next federal, Canada's healthcare system is certainly a far cry from the “socialist” hellscape that its detractors say it is – and certainly far less terrifying than a for-profit system, in which insurance companies will seek any grounds to deny a patient's claim.

Of course, as is the case with any heated debate, there's nonsense being spewed by both sides. In particular, those who conjure the spectre of unfettered capitalism any time the word privatization is mentioned are relying on the same unfounded fear tactics as their opponents.

There should be room for privatization in the system, with the caveat that the private system should run parallel to public healthcare, rather than compete for the same resources.

If companies want to provide private services, let them also provide the infrastructure to make those services available. If people want to pay for healthcare, they should be free to do so, so long as the decision doesn't hinder someone else's access to public healthcare services.

Canada's healthcare may be a point of pride, but that doesn't mean it can't change or improve. However, a system that bankrupts sick people is not a change, nor an improvement, to aspire to.



DAVE
HYNDMAN
~
News Editor



JORDAN
TWISS
~
Columnist

From Red Deer to Waskesiu in the fight against MS

"If you intend to finish, you have to at least start," were the words that Lee Cooper kept repeating to himself as he spent last week biking from Red Deer, Alta. to Waskesiu through cold, rainy, and windy conditions.

Originally from Big River, but now a resident of Red Deer, Cooper was returning to his old stomping grounds to participate in his 20th MS Bike Tour in Waskesiu on Sept. 14.

It was a trip he'd always planned to make one day, an idea he'd come up with during one of his many drives home to visit family and friends. However, after years of that "one day" never coming, he thought the MS Bike Tour in Waskesiu was the perfect excuse to make the trip happen.

And it was... for all of a day.

"I took off from Red Deer. It was a beautiful sunny day, and the wind was at my back. I thought, "This is the best

idea ever.' That only lasted the first day," he said during a stopover with family in Shellbrook last Thursday.

"It's been a pretty tough ride. I had headwind pretty much the whole way, and cold. Then, the last two days, it's been pretty much solid rain. So I've been soaked through to the bones for the last two days," he added.

Though Cooper considers himself an avid cyclist, and says that he bikes about 3,000 kilometres per year, he admits that he's a "fair-weather cyclist," and that you typically won't catch him on his bike if the conditions aren't right.

This, he said, made things especially challenging out on the road, because he was biking on a deadline and couldn't just decide not to ride through the bad weather.

One small consolation, he says, was the fact that he didn't have to camp out, but instead was able

to stay with friends and family, or at hotels along the way.

"I like stopping at the little towns along the way, and taking pictures of the places I've seen growing up," he said, noting that taking photos beside the lily in Parkside and the old Catholic church in Marcelin were among his fondest memories from the road.

He adds that he also enjoyed the opportunity to meet people in the little towns and villages he remembered from his childhood – people, he says, who were all too happy to lend a helping hand when they found out what he was riding for.

These things, he says, made getting back on his bike a little easier. But, even still, there were some days where it was a real slog to put in the required kilometres.

"You knew you had to put in the kilometres. The sooner you did it, the sooner it would be over."

Cooper first began participating MS Bike Tours as part of a workplace group that he says has turned more into a group of great friends over the past 20 years of rides.

In the first ride, he admits that he didn't know much about MS, or the reason for the event. But, with each Bike Tour he participated in, he says he gained a better under-

standing of the disease, and the event became more personal for him.

"After going in the events for three or four years, you started to understand who you were helping. It put a face to the disease, and to the organization," he said.

"Asking people for donations, it's amazing the number of people that you work with who are

touched by the disease, and you never knew. It's not an obvious disease. People can have MS, and on the outside they look perfectly normal, and, for the most part, function pretty well until the later stages of the disease."

Through 20 years of MS Bike Tours, Cooper estimates that he's raised just shy of \$100,000 for the cause. And, as of last Thursday, he'd managed to scrape together about \$1,100 in pledges and donations for the Waskesiu event.

With the Waskesiu ride just two days away when he stopped over in Shellbrook, he said he was most looking forward to the opportunity to revisit the lakes who grew up on.

More than that, though, he was excited to meet and ride with people, and also to hear their stories along the way.

"You really learn to appreciate everyone's stories," he said.



Lee Cooper stopped over in Shellbrook last Thursday before heading off to Waskesiu.

YOUR TWO CENTS

Congratulations, Dave Hyndman

Dear editor,

I read with interest the recent article about Dave Hyndman and his 40 years as a reporter for the Spiritwood Herald. He is definitely to be congratulated on that achievement. It has been many years since I went to school in Spiritwood but whenever I have a chance to read the Herald, I always enjoy reading about the exploits of Speed and Speedette, among other topics that he explores.

As an English teacher, Mr. Hyndman was a favourite of many of his students. He would regale us with stories of life in his hometown of Flin Flon. It sounded like a community that in so many ways

was very different from what we knew growing up and yet very much the same in terms of community spirit. To us, Flin Flon may as well have been in Africa since it seemed so far away, although now having been to Africa, I guess it's not quite that far!

He was popular among the students and approached exams differently than anyone had until then. Perhaps he remembers giving an exam involving the communities of Spit, Wad and Badplum!

Another particular event that comes to mind was when the town elevators burned down and he was on the Fire Department. His commitment resulted in our classes being cancelled for the next few days. As much as we liked him, getting out of a class was always better!

Having remained in Spiritwood is quite an accomplishment, since many teachers and other professional people tend to be more transient. When

I read about the many organizations and service clubs that he has been involved with over the years, I applaud him since volunteers are so desperately needed to help operate many small town activities.

There is certainly evidence of an active volunteer force in town as I noticed the work going on to develop a town square. This is an ambitious project and will compliment the Lions Centennial park area.

Strolling down Main St, I also noticed various new and attractive business fronts with beautiful art work hanging in the windows.

What a unique manner to further show off local talent and energy.

To you Dave, I say well done and may you enjoy many more years of health and good friendship, wherever life's adventures may take you.

Ralph Schalm
Watrous SK

Spiritwood Herald

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Member of



Young Debden author launches first novel

If you were to ask a hundred authors how they got their start in writing, you'd probably receive nearly a hundred variations of a very similar response.

For Debden's Dylan Aarrestad, the story is a slightly different one.

Perhaps, like so many other writers, he was always destined to put pen to paper. But, if so, he discovered his fate entirely by accident six years ago, when he was only 14.

"Basically, what started it was one Christmas I didn't know what to get my mom," he said. "So I decided to write her a little story, and it kind of took off from there."

Since gifting his mother with that tale, Aarrestad's writing has taken him on

quite the journey. Just this past August, for instance, he self-published his first novel, *The Road to Blackthrush*, through Kindle Direct Publishing using the pen name Jarret Madden.

"I started with a little idea, but I wasn't sure where it was going to go. Then, I wrote a few chapters and nothing was coming of it," he said of the early writing process. "Then, I got a couple concussions, and I was out of commission for awhile with nothing to do. So, I had all the time in the world to work on it."

Billed as a teen adventure/fantasy novel, *The Road to Blackthrush* follows a young man who is swept up in a massive struggle for power when he discovers that he is in possession of a magical artifact that is the center of the secret war between the King and a resistance movement.

Explaining that he is an avid reader and watcher of films, Aarrestad says that his inspiration for the book, which is the first of multiple planned entries in his The Sixth Order series, came from a lot of different places in pop culture, including Star Wars, Harry Potter, and Lord of the Rings.

While these popu-

lar franchises might have helped him shape his own ideas, Aarrestad says that, style wise, he has a fairly unique voice as a writer. That said, he does add that he took guidance from Rick Riordan, author of the Percy Jackson series, when it came to infusing humour into his stories.

With so many luminaries to lean on in the fantasy realm, one might expect that the stories would almost write themselves. However, Aarrestad says there were a few times that he ran into the familiar archnemesis of all authors: writer's block.

"When you don't feel like writing, but you know you should, and you just sit down with the pen and paper, and you've got to force a couple words out... eventually it comes, but sometimes you just really don't feel like doing that," he said.

When it came time to publish *The Road to Blackthrush*, Aarrestad says he chose to self-publish because it guaranteed a better return on his investment in the process.

Working with Kindle Direct Publishing, he says, was a simple, straightforward process. He handled the cover design and formatting for the book, then sent it into the company for last looks. From there, it went to Amazon, where

it's ready to be printed on demand.

Having officially released *The Road to Blackthrush* on Aug. 14, Aarrestad feels that the response to the book has been largely positive.

"It's been pretty much what I expected," he said, noting that his friends and family have been supporters. "But there have been quite a few people who I don't actually know who are wanting some books, who have just heard from other people."

Though *The Road to Blackthrush* is still essentially hot off the presses,

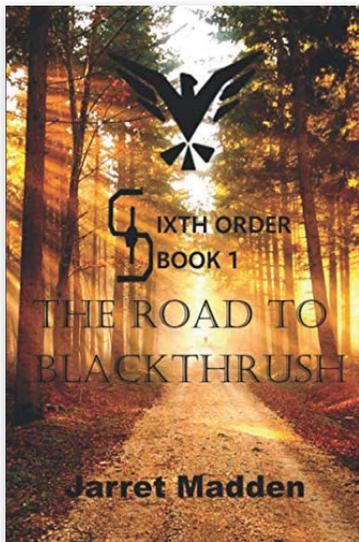
Aarrestad says he's already hard at work on book two of the series. With the writing portion about two-thirds done, and a lengthy edit to follow, he anticipates being done around March of 2020.

In the meantime, anyone with a taste for adventure can get to know Aarrestad at a meet the author night, which is being held at the Debden Public Library later this month.



Debden author Dylan Aarrestad.

The Road to Blackthrush, meanwhile, is available through Amazon.



The Road to Blackthrush is the first novel from Debden author Dylan Aarrestad.

Former Leask teacher publishes first children's book

For as long as she can recall, Pamela Maxwell has been interested in writing.

However, as a teacher for more than 30 years – seven of which were spent teaching Grade 5 and 5/6 in Leask – she says her love of writing manifested in a unique way.

"The interest has always been there, just more as a teacher," she said. "The classes that I enjoyed teaching the most were those that were about creative writing, getting kids to write stories, and getting them excited about writing."

After becoming a principal later in her career, and spending time developing facilitations, and growth plans for schools, Maxwell says the idea of writing always remained in the back of her mind as something she would do during her retirement years.

Then, barely even a year

after she retired, around back-to-school time, the idea for her first children's book, *I Want to be a Writer*, came to her.

"I had a storyline that I used to do with the kids, where I got them to pretend to be something else, and write from that perspective. The story developed from there," she said, calling the book a reflection on her school years.

Taking her idea and running with it, and partnering up with her daughter, Amy, who provided the illustrations, Maxwell was nearly ready to publish in 2015, and had already approached the self-publishing firm Balboa Press.

But then, life got in the way, and her plans were temporarily put on hold.

"I got back into it after the birth of my two grandchildren. That inspired me to start looking at it again, because I began reading stories to the two of them," she said, adding that Amy's interest in finishing the illustrations for the book was rekindled around that same time.

Fast forward to June of this year, and Maxwell was finally publishing *I Want to be a Writer*, a story about a pencil who's waiting to be chosen by his person so that he can fulfil his dream of becoming a writer.

Explaining that she chose to self-publish through Balboa Press because they were willing to accommodate her vision for the book, Maxwell says it was the firm's patience that she appreciated most.

"They stayed with me for four years, from the time when I first came up with the idea and had given them the story."

With her book now available, Maxwell says she's just getting the hang of marketing it, and that she started small by doing readings at local libraries in B.C., where she now resides.

Having gotten her feet wet now, she has big plans for promoting the book over the next year.

"My next hope is to go down to Ottawa and do a presentation with the library there," she said. "Then, for next year, my plan is to start looking at the school districts in which I taught, and be part of the teacher workshops and presentations they have at school start-up."

In the meantime, Maxwell says she's already at work on two other books, one of which she expects to be finished by next spring.

"It takes a different perspective entirely, and it offers its own little challenges."

I Want to be a Writer is available through Chapters/Indigo, Amazon, and Barnes and Noble in the U.S.



Pamela Maxwell is the author of the children's book *I Want to be a Writer*.

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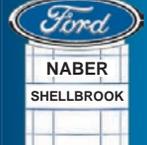
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World Rivers Day highlights need to protect water

Most people will not be aware, but the 15th annual World Rivers Day is set for Sept. 22.

So what is the day all about?

Well, "World Rivers Day celebrates the values of rivers, increases awareness, and encourages river stewardship and conservation around the globe – massive worldwide event has its roots in British Columbia, Canada going back to 1980," stated a recent release regarding the day.

Perhaps the use of the word massive oversells the day a tad, at least

here in Saskatchewan it doesn't seem to have a great deal of traction, which is unfortunate.

Anything that raises awareness about the need to better protect our water resources is, to my mind, critical.

And, "with many of the world's rivers facing increasing pressures associated with climate change, pollution, and industrial development" as the release noted, that awareness is certainly needed in terms of our rivers.

The announced theme of this year's event is "waterways in our com-



CALVIN DANIELS

munities", with a special emphasis on the need to protect and restore urban waterways which are often under great pressure. Many events will focus on educational and public awareness activities while others will

include river cleanups, habitat restoration projects, and community riverside celebrations.

Farmers have increasingly become aware of their potential impact on local rivers and streams, paying greater attention to protecting riparian areas -- the interface between land and a river or stream.

The riparian area acts as a natural buffer to protect waterways.

Cattle producers are also moving away from having their stock drink directly from streams and rivers, protecting the waterways with off

stream watering.

But, farmers are only one part of the equation in terms of protecting water resources in general, and rivers in particular.

"World Rivers Day strives to increase public awareness of the importance of our waterways as well as the many threats confronting them," said Mark Angelo, World Rivers Day Chair and Founder and Chair Emeritus of the Rivers Institute at the British Columbia Institute of Technology in the release.

"Rivers are integral to

all life. Yet, many of the world's waterways continue to face an array of threats and are often impacted by inappropriate practices and inadequate protection," added Angelo.

While there do not seem to be major events around the day locally, it is still an opportunity to think about the importance of our water resource in terms of our lives, growing food, transportation and recreation.

With its diverse importance, we need to be vigilant in our protection of the resource.

Op-Ed: Who's in charge of agricultural policy?

**Cam Goff,
National Farmer's Union**

While harvest will take top billing in farmers' minds as we put in the long hours that lie ahead of us, other issues have to be considered. Two of the most important are Agriculture and Agri-Food Canada's (AAFC) attack on farmers' right to freely use our own seed, and AAFC's seemingly unsupervised rewriting of the Canada Grain Act -- including the Canadian Grain Commission's (CGC) mandate to regulate in the interests of producers.

Many farmers have a sense of what's being presented, and what's at stake, with AAFC's attempt to bulldoze farmers on the seed issue. After years of extensive lobbying by seed industry groups, and almost no input from farmers, AAFC presented two completed industry-designed "solutions" to their fabricated problem.

In both cases, "End Point Royalties" and "Trailing Contracts", government regulations would be passed to turn control of Canada's seed system over to corporations and force farmers to pay tens of millions dollars annually to seed companies. Their plans could destroy Canada's public plant breeding system, and cause the loss of our reputation for top-quality grain

Now it appears that AAFC has embarked on a similar mission to revise the Canada Grain Act, including the mandate of the CGC. The Grain Act was passed and the CGC was created in the early 1900s to protect farmers from the predatory practices of the grain companies and railroads. The Act and the Commission are the sole remaining institutions that place the interests of farmers to the forefront, and they are

as necessary now as when they were formed.

With the active participation of the Chief Commissioner of the CGC, AAFC has settled into the CGC's Winnipeg office, pushed aside the two appointed farmer Commissioners, and has held multiple meetings with representatives of the grain industry. They are reportedly preparing a plan that will strip farmers of the protections put into place over a hundred years ago, and replace them with an industry wish list that will clear the way for the likes of Cargill, Viterra and Bunge to decide the rules of the grain trade.

Meetings with some government MPs have revealed a grave concern with this process. Questions have been raised directly with federal Agriculture Minister Bibeau's office. However, answers about the process and the players involved have been non-existent.

This leads to the conclusion that at the very least, AAFC staff and the Chief Commissioner of the CGC have embarked on a revision of both the Canada Grain Act and the Canadian Grain Commission's mandate guided solely by the wishes of the grain companies. Under these conditions, it is impossible to believe that farmers' interests will be defended.

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If this is the case, farmers will end up with another mess like the so-called "Value Creation" seed royalty debacle. Farmers will again be faced with a stacked deck when AAFC employees trot out a finished product and expect farmers to approve it.

All of this brings into question who is determining agricultural policy in our country. Is it the government officials we elect and who are responsible to Canadian citizens? Or is it unaccountable employees of AAFC who are allowed to

implement corporate agendas to the detriment of farmers?

The Minister of Agriculture's refusal to investigate the serious questions raised by these issues is unacceptable. There is still time for this Minister to step forward and answer the concerns of farmers directly affected. Any review of the CGC and the Canada Grain Act must be immediately stopped, and an entirely new start made only when bona fide farmer representatives are at the table.

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Is it Fall?



By Patricia Hanbidge
If you have not yet gotten frost then consider yourself very fortunate. After a mixed-up summer with warmer temperatures in April than July it should come as no surprise to find the end of growing in the garden in late August and early September. If you have not kept a journal of your garden then this is the third year running that all the tropics in my back yard had to be brought inside almost two months earlier than what was the norm just a few years ago.

In the edible garden, my peppers, tomatoes and eggplants are producing an amazing amount. The containers of canna lilies are beautiful and the garden is at its peak of perfection. Should I cover the plants or move the containers in and out to extend the season? Should we laugh at Mother Nature and continue to garden in spite of what she gives us? Well, the answer is likely not for me as the amount of work for what you gain is just not enough. It is important to realize that these "hot crops" and other plants that cringe when the temperature drops below 10 ° C will actually just shut down anyway. The amount of production is really negligible even if we get daytime temperatures that are in the low teens.

In spite of part wanting to enjoy my outdoor space for just a little bit longer with the glory

of growth all around me, I really try to reason with my heart. The process that occurs within the plant itself will change in relation to the unseasonably low temperatures. We can think about the fact that generally, plants will grow faster with warmer air temperatures until that temperature becomes too hot for the plant to thrive. The same is true when the temperature drops. Cool temperatures in autumn trigger the plant to slow the growth and store energy. Hot crops like tomatoes do not like it at all when the temperatures become cooler and basically the growth will slow to the point that production ceases. When we get freezing temperatures, any fruit that is still on the vines will become damaged and then will not ripen but instead will rot. Trees and perennials will begin to go dormant; leaves will change colour and energy within the plant will be converted to starch and stored in the root tissue.

The length of each gardening season is dictated by the number of frost-free days we receive. For us, in the heart of Saskatchewan the average length of the growing season is approximately 110 days. This will of course vary with where you are geographically in the province – however, it is a good guideline. What bothers me about this guideline is that it suggests that for the

remaining 255 days of the year – we have no green growth! We of course understand that this is not totally true as we do have some plant material that obviously grows outside those 110 days each year!

Our growing season is typically thought to begin in earnest by the long weekend in May. However, we have enjoyed very warm temperatures in April and I know that in my garden there are

some perennials that peek out while there is still snow on the ground and will bloom floriferously prior to the May long weekend. Many who are unfamiliar with our weather patterns, put out annuals in April only to find them affected by a killing frost in early May. Fall each year is unique, with some years boasting a long colourful

period prior to the "killing frost" while other years we get that big frost and then enjoy a long "Indian summer".

So in preparation for our killing fall frost, remember that root vegetables are generally safe from fall frosts. For example, those potato tops are for sure toast, but the process of the tops of potatoes freezing is actually beneficial to the tubers underground. Once potato tops stop growing, the tubers will stop the process of growth and will begin to toughen their skins. This process is essential to increasing the storability of your potatoes. However, if you were caught with beets or carrots that are sticking up above the soil in the garden, you could see some damage to the exposed tissue.

Happy fall to you...may you enjoy the sun when it shines and wear the bunnyhugs and fleece with pride!

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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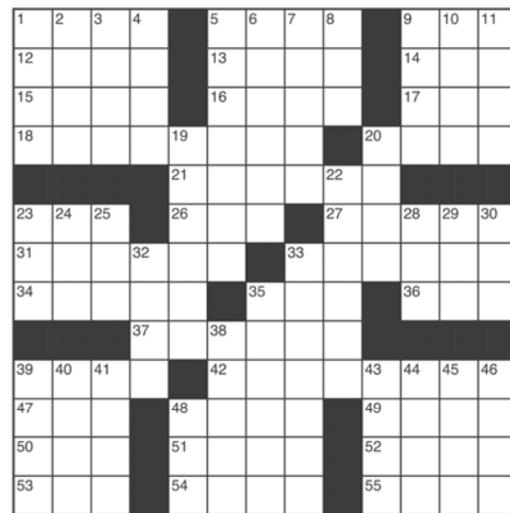
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PUZZLE NO. 998



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ACROSS

- 1. Mother _____
- 5. Meadow mowers
- 9. "_____ for the Road"
- 12. Monumental story
- 13. Iranian ruler, once
- 14. Pound
- 15. Hope
- 16. Detroit, e.g.
- 17. Lady from Eden
- 18. Honor with a medal
- 20. "Since You've _____ Gone"
- 21. Bottle-cap remover

- 23. Typewriter key
- 26. Guys
- 27. Tennis term
- 31. Spain's continent
- 33. Looking glass
- 34. Yawning
- 35. "The _____ Patrol"
- 36. Neither's companion
- 37. Bond
- 39. Tumbled
- 42. Proof
- 47. "Facts of Life" star
- 48. _____ and bear it
- 49. Days of _____
- 50. Prior to, to Byron

- 51. On the _____ (precisely)
- 52. Vile
- 53. Forest creature
- 54. Purchaser
- 55. Pats

DOWN

- 1. Bawdy
- 2. Andy's kid
- 3. Compact _____
- 4. Repeat
- 5. Fugitive from prison
- 6. Bleach
- 7. Had a meal
- 8. Meek
- 9. Willow, e.g.
- 10. Signal hello

- 11. Indication of future events
- 19. Pranced
- 20. _____ Fox
- 22. Worked on copy
- 23. Pot or rose
- 24. July's follower: abbr.
- 25. Bathing-suit top
- 28. Large coffeepot
- 29. Pigeon's sound
- 30. Do wrong
- 32. October birthstone
- 33. Sailor
- 35. Amend
- 38. Long sandwiches
- 39. Release
- 40. British noble
- 41. Soup vegetable
- 43. Ogled
- 44. PBS science show
- 45. Nursery bed
- 46. Electric swimmers
- 48. Type of antelope

ANSWER TO PUZZLE NO. 998



CROSSWORD PUZZLE ANSWERS USE AMERICAN SPELLING

Immigration a boon to Canadian tennis

Canadian politicians may be debating the merits or shortcomings of immigration during the upcoming federal election, but Canadian tennis fans are giving a solid thumbs-up to the idea of welcoming people from other countries.

Had there been tough restrictions on immigration through the years, it may have been difficult for the likes of families named Andreescu, Raonic, Shapovalov, Auger-Aliassime and Pospisil from even taking up residence in our country, let alone bringing sporting glory to our home and native land.

The latest headliner is Bianca Andreescu, a 19-year-old who was on the fringes of the sport as little as 10 months ago, before she made it to the final of the ABS Classic in New Zealand in January. Proving it was no fluke, she followed that up with a victory at the Indian Wells tournament in Palm Springs in March, and then won the Rogers Cup title in Toronto in August when health

issues forced Serena Williams to forfeit the final. Her latest trip down Glory Lane came in New York earlier this month, when Andreescu stunned the tennis world with a straight-set victory over Williams in the U.S. Open final, capping two weeks of Bianca Fever across Canada. Nice paycheck, too: \$3.85 million (U.S.)

It may not have happened had the Andreescu family, carrying the totality of their belongings in two suitcases, not moved from Romania to Canada, where Bianca was born.

The family moved back to Romania when Bianca was young, and it was in Pitesti, Romania, where she started playing tennis at age 7. They moved back to Canada a few years later and Bianca was 11 when she became involved with Tennis Canada.

There is a constant theme to the backgrounds of other top Canadian tennis players:

— Toronto's Milos Raonic, who missed this



BRUCE PENTON

year's U.S. Open due to injury, was born in Yugoslavia (now Montenegro) and is of Serb heritage. His parents, worried about political unrest in the Balkans, moved the family to Brampton, Ont., in 1994, when Milos was three.

— Félix Auger-Aliassime, currently the top-ranked male in our country, was born in Canada, but his father emigrated from Togo, and married a Quebec woman.

— Denis Shapovalov, the third-ranked Canadian who made it to the third round of the U.S. Open, was born in Tel Aviv, Israel, the son of Russian-Israeli citizens Tessa and Vik-

tor Shapovalov. They moved from Russia to Tel Aviv when the Soviet Union was collapsing, later settling in Canada.

— Vasek Pospisil, from Vernon, B.C., is the fourth-ranked Canadian male. His parents Milos and Mila escaped the Communist regime in Czechoslovakia in 1988 and wound up in Vernon, where Vasek was born in 1990.

Immigration, it seems, has been good for the fortunes of Canadian tennis. Say tennis fans from coast to coast: Keep 'em coming.

• Dwight Perry of the Seattle Times: "Former NHL forward Darren McCarty says marijuana saved his life. Which probably just clinched him the first Lady Bong Trophy."

• Comedy writer Bill Scheft, on Twitter: "BREAKING: After consulting doctored map, Trump signs executive order forcing Alabama football team to change nickname from Crimson Tide to Crimson Storm Surge."

• Late night funny-

man Jimmy Kimmel, discussing 'fake news': "I'm hoping we get fake sports, too, because I want to see The Mets win the World Series."

• Dwight Perry again: "Steamboat Geyser in Yellowstone Park just had its 34th eruption of the year, breaking the longstanding record set by Woody Hayes."

• Janice Hough of leftcoastsportsbabe.com, on the Twins hitting six home runs — and still losing 10-7 to the Yankees: "If the ball were any more juiced it would be sponsored by Minute Maid."

• Bob Molinaro of pilotonline.com (Hampton, Va.), on Raiders receiver Antonio Brown finally finding a helmet to his liking: "But, because of what's in it — his head — he won't need it this week."

• Comedy writer Alex Kaseberg, via Twitter, on the Packers' season-opening 10-3 win over the Bears: "Aaron Rodgers was listed as the winning pitcher."

• Norman Chad of the Washington Post, on Twitter: "I don't wanna say the Dolphins are

tanking, but the team held its training camp at the Miami Seaquarium."

• Another one from Dwight Perry: "Students in Oregon can now take 'mental health days' as excused absences, just like sick days. Arizonans had something similar last year — better known as the Mondays following Cardinals games."

• Comedy writer Jim Barach: Russell Wilson is the top paid NFL player at \$79 million this year. The weird part being that Colin Kaepernick still can't get a job for any pay because he has two knees that both work too well."

• Comedy writer Alex Kaseberg: "The NFL's new policy on calling all holding penalties made the Packer's 10-3 win over the Bears as exciting as a high school poetry reading."

• Janice Hough again, on Twitter: "Oakland Raiders were undefeated in the Antonio Brown era."

Care to comment? Email brucepenton2003@yahoo.ca

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Service & Sunday School
Pastor Gerry Zak

**BELBUTTE FULL
GOSPEL**
11 am Worship Service
1st Sun., 7:30 pm
- Hymn Sing
Pastor Floyd Berg

COWBOY CHURCH
Spiritwood
Every Wednesday Night
7 pm
Spiritwood Legion Hall
Pastor Rick Martin

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.

SHELL LAKE: FALL SUPPER - Sunday, October 6 - Shell Lake Lions Hall. Doors Open
4:20 pm, Supper 5 - 7 pm. Adult - \$14; Under 12 - \$5; Under 5 - Free. Sponsored by Our
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