

Spiritwood Herald



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www.spiritwoodherald.com

Folk Fest: Busy weekend in Spiritwood



The Helmke kids, Heidi (9), Maksym (6-1/2) and Gabriella (8), from Saskatoon. Their parents won the Saturday 50-50, worth \$190. Proceeds from the 50-50 at the Ukrainian pavilion were earmarked to the Green Grove Camp at Wakaw Lake for some “much-needed renovations.”

All roads led to Spiritwood last weekend – well, some of them, anyway – as the community held its biennial Folk Fest. There were eight pavilions this year, located in various venues around town.

Numbers of visitors hadn't been compiled by press time, but the Ukrainian pavilion might provide some insight. They had a counter, and every time Gerry Metronec stamped a passport, he clicked the counter. With just an hour to go before the evening came to an end, the counter had registered over 600 clicks.

Each of the eight pavilions had samples of food, drink, entertainment, displays and exhibits to provide insight into the special character of their respective cultural back-

grounds.

Each of the pavilions was staffed by a small army of volunteers, many of whom had spent evenings and afternoons leading up to the event in preparing food and displays and making decisions about how to best present their culture to the crowds that came to observe and/or take part. To those volunteers must go a tremendous amount of credit for the success of the weekend.

Those armies varied in size, from the Albanian pavilion with Nori Gjolena and Jessica Martodam and their two kids to the Filipino and Ukrainian which had dozens, many of them in traditional dress and engaging in traditional dances.

The “All Over the Map” dancers from Sas-

katoon were at Folk Fest, performing traditional dances in both the Albanian and Norwegian pavilions. Both pavilions were on the floor of the Arena.

The German pavilion, held in the Legion, featured a return visit by Neil and Nancy Stubbs, as well as entertainment by Slim Chance and Emily Burak.

The Irish pavilion, held in the former Knick Knack Korner building on Main Street, featured Irish dancing by Annie Fyfe of the Brady Academy of Dance in Saskatoon

Virtually all were decorated with artifacts and exhibits. The French pavilion, for example, was set up to resemble a French sidewalk café, while the Hungarian fea-

tured local exhibits and artifacts right off the walls and out of the drawers of members of the community's Hungarian residents.

Principal organizers of Folk Fest were Cari Cross and Dianne Kuffert, both of whom would be quick to shift credit to the many others participating in either planning or carrying out the myriad tasks associated with an event of this magnitude.

Sponsors included Q98-FM, 1050 CJNB and 93.3 The Rock. Funding was provided by Saskatchewan Lotteries and SaskCulture from grants applied for by the Northern Lakes Economic Development Committee.

More photos on pages 8, 9, 11 & 12

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Harpsichordist plays Marie Antoinette's favourites

Emily Burak, 17-year-old harpsichordist, gave a short concert Friday, Aug. 30 at the Spiritwood Library, presenting some of the favourite pieces of Marie Antoinette.

Marie Antoinette, best known for supposedly saying "let them eat cake" in response to the French peasantry's starvation, and eventually losing her

head during the fateful Revolution in France, was an avid devotee of the harpsichord. She was fond of learning and playing the instrument in her private moments.

Emily provided commentary to her audience, explaining details behind Antoinette's less-public part of her life, particularly her interest in music and in the harpsichord in particular.

At the end of her performance, Emily explained the workings of the harpsichord to interested people from her audience.

(Left) Emily Burak played the favourite pieces of Marie Antoinette, a harpsichord devotee, at a performance at the Library on Aug. 30.



Emily explains the inner workings of the harpsichord to several interested observers.

Spiritwood Senior Centre report

We have two months of cribbage to report.

July 5: Helen Mack placed first and Narcisse Caffet had the second highest points. Rose Morin was third. Helen Mack won the \$5 prize for the first 24-hand. Marilyn Simonar won the 50-50.

July 12: Five tables sat down to play cribbage. Placings were: 1st - Rose Morin; 2nd - Sally Huchkowsky; 3rd - Armand Smith. Helen Mack had the first 24-hand, winning the \$5 prize. Peggy Jenner was the winner of the 50-50.

July 17: Four tables played at the July 17 session. Lorraine Lavoie was first, Cheryl Smith second, and Yvonne

Bisson third. Nobody had a 24-hand. Yvonne Bisson won the 50-50.

July 26: Four tables played, with Doris Colley placing first, Rosanne Smith was second and Marilyn Simonar placed third. The first 24-hand was split between Cheryl Smith and Rose Moore. Sally Huchkowsky won the 50-50.

Aug. 2: Lorraine Lavoie was first, Andy Zary second, and Marilyn Simonar was third. Nobody had a 24-hand. Liz Valette won the 50-50.

Aug. 9: Five tables took part. 1st - Narcisse Caffet; 2nd - Marilyn Simonar; 3rd - Sally Huchkowsky. The first to get a 24-hand was

Doug Solinger. Lorraine Lavoie won the 50-50.

Aug. 16: 1st - Eleanor Pallo; 2nd - Donna Storozuk; 3rd - Doris Colley. Paul Durette won the \$5 for the first 24-hand, and Doug Solinger won the 50-50.

Aug. 23: Five tables playing. 1st - Louis Marion; 2nd - Paul Durette; 3rd - Armand Smith. No one had a 24-hand. Sally Huchkowsky won the 50-50.

Just a reminder that there is Bingo every Thursday afternoon. We've had good turnouts at our Bingos. It's a good afternoon of fun for those interested.

Kaiser will start up again in September. Seniors in the area have a number of options.

Leoville seniors have their Kaiser on the second Sunday of the month, while Spiritwood Seniors hold their on the third Sunday, starting at 7:30.

Shell Lake plays Kaiser every Tuesday at 7:30 p.m.



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Environment Field Office Changes

Effective August 30, 2019, the Saskatchewan Ministry of Environment will no longer offer in-person service at the Big River location.

Hunting and angling licences can be purchased through private vendors, by phone or online through the Hunting, Angling and Trapping Licence system.

For more information on how to access ministry services, please visit saskatchewan.ca/environment, call the Inquiry Centre at 1-800-567-4224 or email centre.inquiry@gov.sk.ca.

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SARCS update

Pickleball continues, for most of September at any rate, as the day is coming when the ice will have to go in. Minor Hockey is in the process of taking registrations, so it's clear that the hockey season is nearing.

Prior to that, though, registration night for Junior Soccer is slated for Sept. 5, with league play starting Sept. 9.

In the meantime, SARCS welcomes Glennalda Saam as the full time facility supervisor at the Rec Centre, effective Sept. 1.

In order to take on the position, Glennalda has had to resign her seat on the SARCS Board, meaning that there is once again an open seat on the SARCS board waiting for a willing volunteer.

Co-op Fuel Good Day is Sept. 17th – Spiritwood Coop is gifting SARCS 5 cents from every litre of fuel sold from the Spiritwood gas bar on Sept. 17. SARCS will be having a burger sale at the coop this day also.

Mega 50/50 tickets and Bull Riding Tick-

ets on sale. Tickets are available at the Town Office, or from Ed or Barb Szasz in her office in front of Hubbers Market, weather permitting, as well as from Marg Pretli at the Farmers Market Fridays.

(Right) Glennalda Saam cooking burgers at the last SARCS burger sale. It was the last act as a volunteer member of the SARCS Board of Directors. As of Sept. 1, she is the facility supervisor at the Rec Centre.



23 teams compete in Dicus Memorial golf tournament

By David Jensen

Once again the Bud Dicus Memorial Golf Tournament at Memorial Lake Regional Park Golf Course in Shell Lake was a great success.

Ninety one golfers registered for play, and were put onto 23 teams as they registered. Golfing began at 10 a.m. with a shotgun start. At least three tee shots were used from each member of each team.

After nine holes were completed at noon, a delicious meal of baked ham, new garden potatoes, various salads and desserts were served up in the Lion's Hall by volunteer members of the Shell Lake Fifty-Plus club.

This was quite a feat because during the morning the power in the community went out, so cooking plans were modified so the food was ready on time for the golfers.

The Golf Committee is thankful for the businesses of Shell Lake, Spiritwood, and area who supplied an array of prizes from cash, to merchandise, and even specialty cookies. There were the typical specialty Hole such as closest to the line, closest to the pin, longest putt, and 50-50 draw for

balls landing on the green.

The Golf Committee appreciates all sponsors, all participant, and all volunteers for making this tournament a success each year.



Second place team, left to right: Neil Buswell, Violet Kyliuk, Jeff Kyliuk, and Lloyd Fisher.



Third place tied left to right: Ron Craswell, Doug Herrick, Robert Bonneau, and Ray Brad.



Third place tied, left to right: Eric Pechawis, Wayne Henry, Don Turgeon, and Bernie Noble.



First place team, left to right: Robert Morin, Dennis Simonar, Charlie Schira, and Don Riekman.

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“Folk Fest 2019”

Wasn't that a weekend? Folk Fest 2019 is in the books, and what a weekend it was. It's a good thing it was held on the long weekend so that everyone involved still had a couple of days to recover.

We still haven't received any kind of attendance count, although that ought to be coming, and it could even be on the Folk Fest Facebook page by now. The last we knew, the counter at the Ukrainian pavilion had clicked 600, and there was still time remaining before the event was over. I doubt many people missed that pavilion, but I do know it wasn't because of people coming back.

There was a lot of moving around. It didn't seem to matter what pavilion was hosting dancers, but those who had scheduled times for their entertainment noticed an increase in attendance at those times.

We started our Folk Fest at the Pioneer Centre at the French pavilion – and that's where I ended mine on Friday as I searched for the last photo ops. Rachele Beauchesne and her cadre of volunteers had created a nice sidewalk café atmosphere, complete with a “French Kissing Booth”. Among her volunteers were her mother, Donna Fauchoux, and her sister, Amanda Lewis.

Next we stopped in at the Irish pavilion where we were treated to an Irish coffee. We passed on the colcannon – a mashed potato dish that people found to be delicious.

From there we went to the Legion where the German music was loud and bouncy and the mood was very “Oktoberfest-y”. I tried the schnitzel, but my travelling companion was holding out for the Hungarian pea soup at our next stop.

OK, we both had it, although after the schnitzel plate, I didn't have a lot of room left. It's a good thing it was soup, so it could just slide down the edges.

The Hungarian pavilion, like many, had many artifacts and souvenirs that people had brought from home to give guests a feel for what the culture was like.

Our final stop for the evening was the Norwegian and Albanian pavilions. They were both located in the Arena, one on either side. It was there we had dessert – rosette, lelse and krumkake, all with just the right amount of sweetness.

While there, we renewed our acquaintance with Nori and Jessica, who we first met at Folk Fest a couple of years ago. The two, with their two kids, had the Albanian pavilion. What brings them to Spiritwood's Folk Fest? I didn't ask. But they do have a connection to Spiritwood. They are the son-in-law and daughter of David and Janet Martodam, former Spiritwood residents.

That's all we had time for on Friday, and there was a whole day of Folk Fest-ing on Saturday, including the Filipino and Ukrainian pavilions that we didn't get to on Friday.



Everyone was welcomed to participate in the Circle Dance in the Ukrainian pavilion.



DAVE
HYNDMAN
~
News Editor



Why are canola producers still waiting for action?

Just over four months ago, Prime Minister Justin Trudeau boldly declared that his government would be promptly rushing to the rescue of producers impacted by the Chinese government's ban on canola imports.

Two days after this proclamation, Mr. Trudeau's government – to the surprise of many, no doubt – actually delivered the goods, in the form of an extension of the deadline to apply for the Agristability program, and expansion of the Advanced Payment Program.

The former was something that the Agricultural Producers Association of Saskatchewan had been pushing for since the imposition of the canola import ban back in March. The latter, meanwhile, received only a tepid response from producers.

To review, the changes to the Advanced Payment Program allowed all farmers to borrow as much as \$1 million, more than double the prior limit of \$400,000. And for canola producers, in particular, the interest-free portion of the loans was raised to \$500,000 from \$100,000.

In effect, Mr. Trudeau's solution to the woes of canola producers was not to resolve the trade dispute with the Chinese government (though, we're meant to believe that Mr. Trudeau is hard at work on that), but instead to offer them the opportunity to be indebted to the government rather than to their suppliers.

No small wonder, then, that one Alberta-based producer unflatteringly, but accurately, summed up the aid package as “a bandaid for a bullet wound.”

Aside from these two items, there were also vague assurances that International Trade Diversification Minister Jim Carr would be leading trade missions to Japan and South Korea in June, and would engage with other countries in a search for new markets for Canadian canola, among other key exports.

As yet, there's been no word on whether any of these missions or trade initiatives has borne any fruit – and, with the pending federal election in October poised to halt all government work on trade negotiations, we may never hear anything further.

But, in the meantime, canola producers finally appear to have one thing going in their favour, no thanks to the efforts of Mr. Trudeau and his colleagues.

According to the Canadian Growers Association, 2018 saw Canada export \$5 billion of canola, with nearly half of all exports being shipped off to china.

Needless to say, finding a new market for nearly \$2.5 billion worth of canola would be no enviable task. Fortunately, though,



JORDAN
TWISS
~
Columnist

the plight of European canola producers could soon become a boon for Canadian producers, and open up a new market to make up for some of the losses Canadian producers stand to face.

Having endured a growing season marred by prolonged drought, and scorching temperatures that have dried rivers, devastated crops, and sparked forest fires, Europe now finds itself with an inadequate canola crop to meet the continent's demands for biofuels.

For Ward Toma, general manager of the Alberta Canola Producers Commission, this is undeniable good news in that it means that producers will be able to move their product, rather than storing it and crossing their fingers that a market opens up.

But, like so much good news these days, he notes that it does come with one important caveat.

“Next year, when [European canola producers] take the harvest off and if they've had good growing conditions, we know they may not need product from Canada,” he said.

“But right now the timing is very helpful for us.” Adding that Canadian producers could also benefit from a drop in canola prices, Toma says Pakistan, Bangladesh, and the United Arab Emirates may soon emerge as additional markets for Canadian canola.

“Hopes” and “may bes”, one supposes, are simply what the agriculture industry is built upon.

At the beginning of growing season, all producers can do is seed and tend their fields, and hope that they'll be blessed by good conditions and few problems with pests, weeds, and disease. Then, when harvest operations wrap up, all producers can do is hope that there's a market for their product.

They also hope, no doubt, that government won't get in the way of trade, as Mr. Trudeau's government has frequently, and unintentionally, done over the past couple of years – and as it continues to do through Foreign Affairs Minister Chrystia Freeland's public show of support for the ongoing protests in Hong Kong.

Granted, there's something to be said for a government that unequivocally stands up for Canadian principles (or its own, at least), and the whole world could benefit from being less dependent on a trade partner as petty and temperamental as China.

But if Mr. Trudeau's government is so determined to torpedo trade relations with one of the world's largest economic players, it needs to have more of a back-up plan than it's demonstrated thus far.

Canadian producers shouldn't be the ones taking the heat.

'We are run ragged': NDP education survey highlights crisis in Sask. classrooms

NDP Leader Ryan Meili, along with Education critic Carla Beck, shared the findings of the Saskatchewan NDP's "Brighter Future" education survey this morning while addressing the Saskatoon Teachers' Association Convention. The results paint a clear picture of a deepening crisis in Saskatchewan classrooms, with staff morale and learning conditions for students suffering, and kids facing more complex classrooms with fewer supports.

"As a parent myself, it's hard to see the sacrifices teachers in this province are making as the Sask. Party's cuts to education filter down," said NDP Leader Ryan Meili. "Our

kids' classrooms are increasingly crowded and the government continues to let teachers and kids down."

The NDP's "Brighter Future" education survey received submissions from over 1,400 people across Saskatchewan. Eighty-three per cent of teachers and 77 per cent of Educational Assistants said the situation in our schools has gotten worse in the last three years. Fifty-six per cent of parents said that learning conditions have worsened in the last three years. Eighty-three per cent of respondents supported a cap on classroom sizes in Saskatchewan.

"Students simply aren't

getting the supports they need, and teachers are worried about how to meet their students' needs," said NDP Education Critic Carla Beck. "This government continues to let our students, teachers and parents down with cuts and underfunding and by breaking the Premier's promise to add 400 EAs to our schools."

Almost 40 per cent of respondents were teachers, and of them, 83 per cent said the number of students with additional needs in their classrooms has increased over the last few years. Eighty-six per cent of Educational Assistants agreed, with 42 per cent going on to say that stu-

dents in their classes rarely or never get the support they need.

The survey results show the toll that cuts are taking on teachers and Educational Assistants. Forty-one per cent of teachers said that they "rarely" (36 per cent) or "never" (five per cent) have enough support to meet the needs of their students. Two out of five teachers (41 per cent) said they have seriously considered leaving the profession.

"With so many cuts, it becomes harder and harder to do the job," one teacher wrote. "This leads to feelings of helplessness, hopelessness, and feeling inadequate as a teacher. You put your

heart into a job and can't help students the way you'd like to."

Educational Assistants expressed similar sentiments, with one writing, "The needs are higher, and we are run ragged. I go home every day knowing I haven't met the needs of my children and haven't help them reach their full potential."

Administrators are struggling with the consequences of underfunding as well. "I love my job and I love my students and I feel blessed that I get to feel passion for what I do, but that passion fizzles out a little every time I have to look a student in the eye knowing I don't have the resources to give them all

they need," one wrote.

Meili took exception to the government's repeated bragging that funding had been restored to 2016 levels in this year's budget, pointing out that with rising costs and thousands more students over the past three years, per-student funding continues to fall.

"The Sask. Party's cuts are hurting kids, teachers and families," said Meili. "The Saskatchewan NDP are committed to making our province the best place to be a kid, or to raise one. To do that, we need a government that will invest in quality education from early childhood on, to give everyone a strong start and an equal chance."

Races taking shape for upcoming federal election

With the writ drop for the Oct. 21 federal Election expected to come in the next couple of weeks, here's a look at the candidates that voters will have to choose from in the ridings covered by the *Shellbrook Chronicle* and the *Spiritwood Herald*.

Starting in the east, with the Prince Albert Riding, Conservative incumbent Randy Hoback will face challenges from Liberal candidate and legal aid lawyer Estelle Hjertaas, Green Party nominee Miranda Friske, and People's Party of Canada contender and musician Kelly Day. The NDP, meanwhile, has yet to nominate a candidate.

Hoback was elected to office in the 2008 federal election, and re-elected in 2011 and 2015.

Looking north the Desnethé-Missinippi-Churchill River riding, which was hotly contested in the 2015 federal election, NDP incumbent Georgina Jolibois will have a fight on her hands against Conservative candidate and former Meadow Lake mayor Gary Vidal, Liberal nominee and Lac La Ronge Indian Band Chief Tammy Cook-Searson, Green Party candidate Sarah Kraynick, and People's Party contender Jerome Perrault.

Jolibois claimed the seat in 2015, after a tight race with former MP Rob Clarke that resulted in a recount.

Moving south to Carlton Trail-Eagle Creek, Conservative Party incumbent Kelly Block, and People's Party of Canada nominee Cody Payant are the only candidates registered.

A former mayor of Waldheim, Block was first elected to the seat in the 2008, and held onto it in the 2011 and 2015 contests.

Meanwhile, despite having only been nominated in May, Payant has already courted controversy for social media statements in which he advocated for free speech, and suggested that the alternative could be violence.

Responding to backlash that his comments were advocating violence, Payant said his comments were meant to prevent, not promote violence.

"Hate speech is best said out loud in the public square so it can be criticized and then broadly rejected by reasonable people in society," Payant said to CBC. "It's part of how we become well-adjust-

ed people and how we communicate effectively as a society and how we resolve conflicts, and when we don't have those words then all we have left is guns."

Rounding out the 2019 contests, the Battlefords-Lloydminster riding will see Conservative Party incumbent Rosemarie Falk face off against Liberal candidate Larry Ingram, Green Party nominee David Kim-Cragg, and the People's Party's Jason MacInnis. The NDP is expect to nominate its candidate at a Sept. 7 nomination meeting.

Falk took the Battlefords-Lloydminster seat in a byelection in December of 2017, following the resignation of Gerry Ritz.

The *Chronicle* and *Herald* will have more coverage of the races and candidates as the election draws nearer.

Spiritwood Herald

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Member of



Shellbrook man becomes Sask. weight lost king

By Jordan Twiss

Brian Hagel isn't your typical trucker.

While a life spent on the road would make it all too easy to stop at every fast food restaurant along the highway, the 64-year-old, who lives in Shellbrook but works out of Spiritwood, drives his truck with a lunchbox full of fresh and healthy meal and snack options in the seat beside him.

"Now, I've got a lunchbox full of carrot and celery sticks, fresh fruit, some hardboiled eggs, and some sausage and cheese," he says while speaking to the *Chronicle* from the road. "It's finger foods, so I can reach over and dip in... but it's healthy food."

Hagel concedes, however, that this wasn't always the way he lived, and adds that his former lifestyle left him "fat, out of shape, and breaking a sweat just getting out of bed."

Like many other Canadians who struggle with their weight, Hagel is no stranger to trying to shed excess pounds.

His first attempt came in 1996, when he heard about the non-profit weight loss support organization Take off Pounds Sensibly (TOPS) from his wife, Vicki, and decided it was worth a shot.

Through a focus on a balanced diet and exercise, and the support of his fellow TOPS chapter members, he managed to lose 25 pounds. But, after putting all that work into losing the weight, Hagel says he got complacent about his diet and exercise, and slipped back into the bad habits that had made him overweight.

"I thought I knew it all and I didn't, and I got frustrated and left the program," he said. "Then, I gained it all back, and then some."

Twenty years later, facing arthritis in his knees, greatly reduced lung capacity, and a host of other medical concerns that were causing his health to further deteriorate, Hagel says he found himself thinking back to the initial successes he'd had with TOPS, and he decided to give it a second go.

Following two years of trying to lose weight, and a great deal of patience, perseverance and support

from his TOPS, Hagel managed to shed 51.2 pounds, dropping from 246 pounds to a more healthy 195.

This two-year weight loss journey earned Hagel the prestigious title of TOPS weight loss king for Saskatchewan at the organization's International Recognition Days in Portland, Ore. in July.

But, more important than that, he says that he feels like a new person.

"Before I lost the weight, I couldn't walk a block without [feeling like I had to] sit down to grab a tank of oxygen, and I couldn't keep up with my wife," he says.

"Now, there are days that I walk three to five miles with not a problem. Yeah, I've still got arthritis and my knees still give me grief, but not like they used to."

As with any long journey, Hagel says there were plenty of challenges along the road to healthier life, but that the biggest came in realizing which foods were causing him to gain weight and keep the pounds on.

In his case, he discovered that his problem food was bread – a food that's all too easy for truckers to over-indulge in when they need to grab a quick, easy meal out on the road.

"Me and bread were best buddies," he said, noting that he used to go through three loaves of bread a week, but now can make a single loaf last a couple of months.

"I gave up bread, and a lot of sugar, and the pounds sort of disappeared on their own."

While cutting down on bread and sugar worked for him, Hagel says that the same approach won't necessarily yield the same results for everyone. For this reason, he says his number one tip for anyone looking to lose weight is to begin by consulting a doctor, rather than by turning to the pages of health magazines, or to the latest celebrity or fad diets.

"It's all hype, it's all drama. It's made to sell magazines. They might lose 80 pounds the first week, but they gain 90 the second, and they don't tell you that."

While sound health advice is a key piece of the puzzle, Hagel says that an equally important part of the weight



Brian Hagel, with wife Vicki, prior to losing 51.2 pounds and being named TOPS' weight loss king for Saskatchewan.



Hagel accepts his crown alongside TOPS' Saskatchewan weight loss queen, Pearl Kora of Warman.

loss battle happens in the mind, and that too many people resign themselves to the idea that they have to live with being overweight.

To this, he says that it's never too late to start losing weight.

"At International Recognition Days, there were members there who had just finished achieving their goals who were 85 to 90 years old.

"It's achievable."

Now that he's considered weight loss royalty in the province, Hagel says that it felt great to receive his crown. However, he adds that, as an area captain responsible for overseeing the TOPS chapters in Prince Albert, Melfort, Candle Lake, Tisdale, and Nipawin, he's now under more pressure than ever to set a good example for his fellow TOPS members.

"It keeps me honest," he says.

What happens when you don't advertise?

Very little.

Gone are the days of big backyard gardens

While it is obviously not strictly the case, I have always tended to think of rural living when it comes to large vegetable gardens.

That connection might be tied to my own childhood on the farm where memories remain over the thrilling Saturdays spent shelling peas or cutting wax beans for mom to freeze, or the smells associated with pickling time, of the sheer work of carrying a dozen, or more feed bags filled with potatoes from the truck to the root cellar each fall.

My mother did not

have off-farm employment which is largely the norm on farms these days, but that in no way is suggesting she did not have a job.

There was a huge deep-freeze on our porch, and a root cellar below the house, and by the time the snow was starting to make its unwelcome appearance each fall, both were filled with food, enough to get our small family of three through any extended winter, and frankly to feed a small army to boot had it wintered nearby.

There was a garden to tend, chickens to feed,



CALVIN DANIELS

then come fall the produce had to be prepared for winter, the chickens butchered, a pig too actually, and of course there were meals for the field spring and fall, and me to keep at least one eye on. It was a full

time job, not 40-hours a week, but practically dawn-to-dusk for her, and most farm women.

In the days of my youth, the 1960s, vegetable gardens were just a commonplace thing. The one on the farm was huge.

The one my grandparents tended in town was smaller due to lot size, but it kept their deep-freeze full, and there was never a time I recall when there weren't homemade pickles in the basement.

When I started my career as a journalist here in Yorkton three decades

ago now, I could have driven most back alleys and found extensive vegetable gardens behind many, if not the majority of houses.

Today that is not the case.

Somewhere in the ensuing years after my arrival in Yorkton things changed. There has been a decline in gardens, or at least that is my perception of it. Anecdotally, I am told a new generation is interested in growing their own food, but time, in spite of the emergence of electronic time savers galore, seems in ever-shorter

supply.

Food is a supermarket sourced commodity for most of us these days, with that food sourced around the world, preserved, hauled and at our fingertips for a price, we all seem to think is too much when the topic of grocery store costs come up.

Perhaps I am simply waxing poetic after a recent interview with well-known local gardener Glen Tymiak, but it feels like we are less in control of our own existence when we no longer produce as much of our own food as is possible.

Shopping with a clear conscience

(NC) As we become more aware of the impacts of our actions and purchasing decisions on the world around us, the move towards conscious consumption is a trend that shows no signs of slowing down. If you want to make sure the items you buy won't do more harm than good, here are some savvy consumer tips on from an expert in responsible shopping:

Longevity. Start by seeing how you can reduce your carbon footprint. One of the simplest ways to do this is by reducing the number of things you buy overall, which is easy when you

choose well-made, high-quality items

that will last longer. Whether it's clothing or cutlery, instead of spending a little on a lot, look for ways to cut down by investing in fewer pieces that will stand the test of time. Research the brand and check out consumer reviews to make sure you're getting durability and value.

Ethical. You can feel good about your purchases when you know the people and animals involved in the production process have been treated humanely and fairly. Do your research to find companies that pay workers locally or in developing countries employers that provide a living wage and offer good working conditions. When it comes to food and any-

thing made with animal by-products, it's important to find associations or organizations that offer certifications for ethically sourced items.

Sustainable. Go green by choosing natural materials and avoiding synthetics where possible. For clothes, wool, cotton and linen are better than polyester and rayon. For bedding and winter coats, down is the most sustainable choice. This eco-friendly material has the lowest carbon footprint of all insulating materials, and

all by-products from down processing are biodegradable, unlike polyester, which is not.

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Folk Fest: Busy weekend in Spiritwood



Joanne Walter ladles a bowl of Hungarian pea soup for a guest, with Irene Marion looking on.



Sisters Cheyenne and Brooklyn Orange, serving Irish coffee and colcannon in the Irish pavilion.



Longtime friends Vivian Martodam (98) and Beatrice Turgeon (92) in the Norwegian pavilion.



Volunteers at the French pavilion, who had the Pioneer Centre decorated as a French sidewalk café. "It looks very Francy," was one comment. L. to r.: Kirstin Buswell, Donna Fauchoux, Amanda Lewis, Angela Gaboury, Rachelle Beauchesne, Heather Beauchesne.



Ukrainian dancers, demonstrating a very high energy traditional dance.



All Over the Map dancers. This group is from an International dance group, located in Saskatoon, that performs many different national dances. Here they are in Albanian costumes, posing with Nori Gjolenja. There are about 25 dancers in the entire group. This touring group consists of seven – the five seen here, plus two others who are currently in Turkey "learning more dances."



Barb Olson and Gail Ferster were among the volunteers working in the Norwegian pavilion in the Arena. They and others had spent many evenings leading up to Folk Fest making rosettes, krumkake and lefse.

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Folk Fest: Busy weekend in Spiritwood



The All Over the Map Dancers, teaching 5-year-old Nadalia Gjolen a traditional Albanian dance. Proud Papa is catching it all on video.



Annie Fyfe, in addition to giving demonstrations of Irish dancing – both hard shoe and soft shoe – taught those interested how do a few steps.



Annie Fyfe, Irish dancer from the Brady School of Irish Dance in Saskatoon, judged the colouring contest. Tyne Benson was the winner of the pot of gold in the contest.



Patricia and Andy Ciona, “Hospidanya” and “Hospidor”, respectively, welcoming all to the Ukrainian pavilion with the traditional offering of bread and salt.



Four-year-old Theodore, not officially part of the program, couldn't resist the opportunity to show his moves when the music started.



German pavilion. L. to r. Kendra Sanders, Cheryl Turgeon and Debbie Rose.



Melodya Metrunc, in a solo dance.



Volunteers in the German pavilion – Avarie Conacher, Larissa Swityk-Conacher, and Ciara Conacher.

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

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Quarterbacks in the NFL spotlight

While quarterbacks in the Canadian Football League are taking up almost full-time residence on various injured lists, QBs in the National Football League, which gets under way this week south of the border, are walking on water.

At least that's the feeling of fans in Cleveland, where No. 1 overall draft pick (2018) Baker Mayfield begins his second season at the helm of the Browns, suddenly regarded as a contender, and of fans in Kansas City, where Patrick Mahomes begins his second full-time campaign behind centre for the Chiefs.

Mayfield threw 27 touchdown passes as the Browns moved toward respectability, while Mahomes had one of the

splashes seasons ever for a newcomer, winning the Most Valuable Player award after starting only one game the previous season, his first in the league. His 2018 numbers were spectacular: completed 66 per cent of his passes for nearly 5,100 yards, threw for 50 TDs and had only 12 interceptions.

But the NFL is a 'what-have-you-done-for-me-lately' league so the QB focus on the eve of the 2019 season is not necessarily on Mahomes and Mayfield, but on an untested rookie for the Arizona Cardinals, Kyler Murray. Another No. 1 overall draft choice, Murray has had to contend with derision about his height (5-foot-10) and pressure associated with more hype for an



BRUCE
PENTON

NFL rookie since another smallish, scrambly quarterback with a big arm, Robert Griffin III, in 2012. RGIII flamed out, never reaching the heights expected of him, and is now a backup in Baltimore. Arizona fans are hoping for a different outcome from their QB saviour as he gets comfortable in the pros under a new coach, Kliff

Kingsbury, known in the college ranks for his 'Air Raid' offensive innovations.

Quarterbacks in the NFL are kings of their sport. You may have heard of Tom Brady in New England, Aaron Rodgers in Green Bay and Drew Brees in New Orleans. Heck, one of the most famous NFL quarterbacks hasn't played in three years. That would be Colin Kaepernick, whose social justice manoeuvres have kept him in the headlines, but out of uniform. The biggest NFL news of late August was the retirement of a quarterback, 29-year-old Andrew Luck of the Colts.

So with the NFL season getting ready to roll, the spotlight is, as usual, on the quarterbacks. No

team can hope to contend for the Super Bowl without a Pro Bowl candidate behind centre.

• Dwight Perry of the Seattle Times: "THE Ohio State University filed a trademark application for the word 'THE.' Smokey THE Bear is livid."

• Another one from Perry: "University of Chicago researchers are working on a pill to treat loneliness. They say it'll come in especially handy if you're ever in the stands at a Marlins game."

• Brad Rock of Salt Lake City's Deseret News, after a Puerto Rican bowler's team was stripped of its gold medal at the Pan Am Games for a doping violation: "How that would help pick up a 7-10 split is anyone's guess."

• Greg Cote of the Miami Herald, on the Dolphins' quarterbacking situation: "Fins still haven't named who least-bad starting QB will be."

• Cote again: "The World Orienteering Championships have ended in Norway. Are eliminated teams said to be dis-oriented?"

• Janice Hough of left-coastsportsbabe.com: "In Las Vegas, the most preseason Super Bowl bets are being placed on the the Chicago Bears and Cleveland Browns. Yeah, there's a reason they've been able to afford to build all those amazing resorts."

• Patti Dawn Swanson, aka the River City Renegade, on the Bombers search for a quarterback to replace the

injured Matt Nichols: "GM Kyle Walters has been working the phone in search of a QB with some savvy. That's good to know, but if old friend Drew Willy is the best he can dredge up we'll know it isn't a 'smart' phone."

• Swansson again, on the infamous heart-attack inducing Walby Burger, after former Bomber Troy Westwood tweeted that Chris Walby actually doesn't eat that much: "Sorry, Lefty, but you don't grow to Walby's proportions without strapping the feed bag on your head and refusing to come up for air until the last pork chop is gone."

• Paul Friesen in the Winnipeg Sun, on the Packers-vs.-Raiders game in Winnipeg being billed as a big deal, like a Rolling Stones concert: "Only this was the Stones at a sound-check, with a roadie filling in for Mick and your annoying, guitar-playing neighbour sitting in for Keith. With wonky amplifiers."

• Swansson, on the same subject: "Someone suggested an NFL game in Winnipeg is comparable to a Paul McCartney concert. I agree. The Raiders haven't been any good since the 1970s and neither has Sir Paul."

• Vikings linebacker Anthony Barr, to the NFL Network, on why he got cold feet after agreeing to leave Minnesota and sign with the Jets: "It was like you're about to go down the altar and marry the wrong woman."

Care to comment? Email brucepenton2003@yahoo.ca

Folk Fest: Busy weekend in Spiritwood



The German pavilion, held in the Legion.



Irish pavilion, Tamika Franson, Anna Nemish and Tessa Franson with "Aidan".



Interactive activity in the Ukrainian pavilion, where guests had an opportunity to make their own vinok, or wreath. The vinok is typically worn by girls and young unmarried women, a tradition dating back to old east Slavic customs.



Dancers in small groups broke out of the circle to perform a few of their favorite moves.

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Folk Fest: Busy weekend in Spiritwood



Another interactive activity, where guests try their hands at decorating Ukrainian Easter eggs, using the traditional methods.



Filipino dancers display elements of their culture.



The Albanian pavilion, serving an awesome soup. Nori Gjolena and Jessica Martodam with their kids, Joshua and Nadalia.



Nancy and Neil Stubbs, entertaining in the Legion in the German pavilion.



Young Filipino dancers performing a traditional dance.

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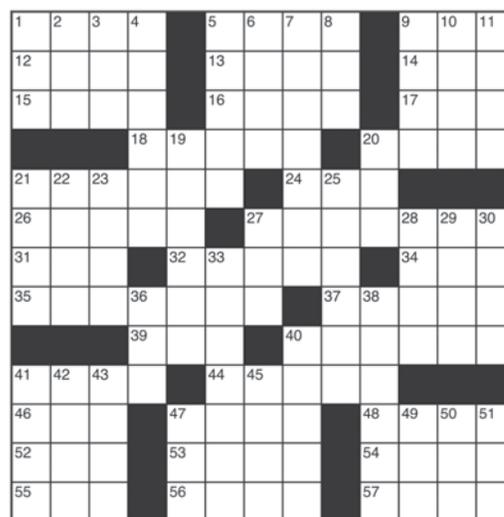
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- 17. Klutz
- 18. Hurricane, e.g.
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- 21. Venomous snakes
- 24. Kind of rally
- 26. Groom's girl

- 27. Absolute ruler
- 31. Tin _____
- 32. Sulk
- 34. Beer's cousin
- 35. Lived
- 37. Say
- 39. Evergreen shrub
- 40. Underwear
- 41. Shopper's delight
- 44. Loafed
- 46. Mine yield
- 47. Complimentary
- 48. Cook in an oven
- 52. _____ detector
- 53. Congers, e.g.
- 54. Bright spring flower

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- 6. Cake froster
- 7. Shower staple
- 8. Little child
- 9. At the summit of
- 36. Drain-opener chemical
- 38. Morsel
- 40. Consecrated
- 41. Alone
- 42. Elaborate melody
- 43. Sly gaze
- 45. Cold-cuts shop
- 47. Service payment
- 49. How _____ you?
- 50. Family feature
- 51. Racetrack

ANSWER TO PUZZLE NO. 996



CROSSWORD PUZZLE ANSWERS USE AMERICAN SPELLING

Storing food for winter

By Patricia Hanbidge

Many of us have been enjoying the fruits of our labours in the garden! However, if your garden is like mine and you cannot consume all that is offered, then it is time to begin to put some of the harvest away for later.

Enjoy the following article on how to store your harvest.

As with any type of storage, it is important to ensure that anything you are putting away is of good quality. Do not wait until the last moment to prepare for winter as it is important to ensure you are putting food away at the peak of quality.

When harvesting your produce be careful not to break, nick or bruise what you are picking. Compost or consume quickly any product which is not in the optimum shape for storage.

Different vegetables require different storage conditions. If we are storing crops which are not being processed, then temperature and relative humidity (RH) are the main considerations of storage.

There are three basic types of storage. Cold and dry (0 to 5 C and 65% RH); cool/cold and moist (0 to 10C with 95% RH); and warm and dry (10 C and 60% RH).

Please note that these are optimal conditions for storage and any temperatures or humidity that are different than these optimal conditions then your shelf life will shorten.



Our basements are generally cool and dry during our colder months and our home refrigerators can be considered cold and dry. Putting vegetables in perforated plastic bags will give a good short-term storage option for those that require cold and moist conditions.

If you are lucky enough to have a root cellar, then you can likely easily store potatoes for the entire winter and beyond. Do note that any type of storage does need to provide ventilation as the vegetables are still respiring.

Any storage facility should be cleaned prior to storing any products and should be free of any potential rodent infestations.

For an example of how to store some of what you may be harvesting, then do read on.

Apples store best in the dark at a temperature just above freezing. A covering of perforated poly will help to prevent shrivelling. As apples exude ethylene gas ensure you do not store them with leafy green or cole crops as those crops are damaged by

exposure to ethylene.

Carrots, cabbage, beets, parsnips, new potatoes, peppers, cantaloupe, watermelon, beans and rutabagas like cool/cold, moist conditions with good ventilation.

Ensure that these crops go into storage when they have dried thoroughly. Beets, parsnips, carrots, cabbage, beans, peppers and rutabagas will lose moisture readily so cover them with perforated poly. They do well at the bottom end of the range at 0 to 5C. Potatoes will keep the best quality if they are stored

at about 4 C when mature. Tomatoes like to be stored a bit warmer at about 10 to 15C.

All of these vegetables should be stored in the dark.

Peppers, pumpkins, squash and sweet potatoes should be stored in warm, dry conditions

Garlic and onions prefer cold and dry storage conditions. If you happen to be harvesting seed for next year, most seed will store best if it has matured appropriately, cleaned and then stored in cold, dry conditions.

For any produce that you are processing, it is necessary to blanch them prior to freezing. This blanching process means that you plunge the vegetables into boiling water - for just a tiny bit of time and then immediately immerse in an ice bath.

Different produce uses specific guidelines for the blanching time. Blanching will stop the life of the produce which means that respiration has stopped, and following this process will ensure you keep the maximum amount of colour and nutrition.

Hope you have a great harvest!

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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Fisher foursome tops Spiritwood senior golf tourney

The Spiritwood Senior Golf Tournament was held Aug. 28, with 28 golfers taking part in the 18-hole Texas Scramble event.

After a day of golf, the team of Lloyd Fisher, Charles Schira, Laurie Mayo and Ron Craswell took top spot with a score of -7.

Specialty prizes were awarded, and a number of door prizes were drawn.

The tournament ended with an excellent meal provided by the Golf Course staff.



Winners of the Spiritwood Senior Golf Tournament held Wed Aug. 28, l. to r.: Lloyd Fisher, Charles Schira, Laurie Mayo and Ron Craswell.



“You drive for show, but you putt for dough.” Teammates watch carefully. Here’s where strokes can be saved.



Action on the tee at #14. One hits the ball, the other three on the team watch to see where it goes.



Approach shot on #17 by Linda Pauls, with teammates watching.

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Action on the #17 green. The first three attempts narrow the focus, the fourth is all business.