



## Ducks Unlimited holds 30th dinner



More difficult than it looked, the Football Toss was nevertheless quite popular.

The 30th Annual Ducks Unlimited Fundraising Dinner was held at the Spiritwood Civic Center Sat Oct. 19, with over 100 people enjoying a meal provided by Ron Sawatsky Catering and an evening of bidding and entertainment.

The MC for the evening was Ken McCulloch from Ducks Unlimited's Saskatoon office. McCulloch was also the auctioneer for the evening.

The first order of business was to award the VIP table. Rather than hold an auction for it, a draw was made, with Forrest King the lucky

winner whose name was drawn.

Interspersed throughout the evening were many raffle draws from tables of items donated by local businesses and elsewhere, plus the usual games and specialty draws, such as the Pick of the litter, Runt of the Litter, Bucket Raffle, Plinko, and so on.

There were 18 items sold through live auction, as well as another 17 by silent auction.

The Spirited Players provided the tablecloths once again, and in return the Ducks Unlimited group will be assisting them by staffing the bar at

the dinner theatre.

George Pretli is the chair of the local committee, while Crystal Lehouillier is Treasurer. Committee members include: Bevra Fee, Linda Caswell, Margret Pretli, Cal Robinson, Tammy Robinson, Marty Lehouillier, Delaney Lehouillier, Caley Lehouillier, Brooklyn Orange, Cheyenne Orange, Eugene Peters, Brenda Peters, Danny Alexander, Pascale Lavoie, and Evan Maxwell.

Locally over the past 30 years the Spiritwood DU Committee has raised close to \$600,000 for Ducks Unlim-

ited to carry out its mandate. In that time, DU has spent over \$25 million on 265 projects within a 100-km radius of Spiritwood, securing over 88,000 acres of vital habitat and wetlands.

"This is Ducks Unlimited Canada's 81st anniversary in providing much needed work in the area of conservation of much needed habitat and wetlands," George Pretli wrote in his comments, "not only to our waterfowl and wildlife but to our agricultural community."

*More photos on page 2*

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# Ducks Unlimited holds 30th dinner



The Plinko board was another popular game.



Heads or tails elimination game.



Poker darts was another popular game. Three prizes were up for grabs.

## Artisan Boutique now open in Spiritwood

Spiritwood's newest Main Street business opened its doors to the public on Thursday, Oct. 17, with many people dropping in during the day to check out this unique addition to the business community.

Artisan Boutique is the name of the shop, and it features the work of local artisans who have gone a bit past "hobby" and into "business", offering their wares to the public.

The boutique features the handi-

crafts of 17 (so far) artisans, offering such things as pottery, jewelry, soaps, artwork, knit goods, specialty coffees and granola, unique eggs, decorative plants (succulents, mostly) and more.

The artisans will each take a turn

staffing the boutique, which is open Thursday, Friday and Saturday, and each will share in the rent.

Artisan Boutique is located in the former Spiritwood Pharmacy building.



Checking out the products and the unique décor.

**St. Therese Parish**  
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**FALL SUPPER**  
**SUNDAY, Nov. 3**

Leoville Community Hall, 5 - 6:30 p.m.  
Adults \$12 • 6-13 Yrs. \$6 • Preschool Free  
*Raffle and Bingo to Follow Supper*

Customers can order a French press coffee or an espresso to sip on while browsing.

Advertising  
Deadline is  
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Spiritwood Herald Website

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

**NOTICE OF CALL FOR NOMINATIONS**  
RURAL MUNICIPALITY OF SPIRITWOOD NO. 496

PUBLIC NOTICE is hereby given that nomination of candidates for the office of:

**Councillor - Division No. 4**

Will be received by the undersigned at the municipal office during regular office hours until Wednesday, October 30<sup>th</sup>, 2019 at 4:00 p.m. local time.

Nomination forms may be obtained from the municipal office and must be accompanied with a criminal record check.

Dated this 10<sup>th</sup> day of October, 2019

**Colette Bussiere**  
Returning Officer



**SHELL LAKE & DISTRICT LIONS**  
41<sup>st</sup> ANNUAL  
**Novemberfest Dine & Dance**  
**Sat., November 2**

Shell Lake Lions' Hall  
Cocktails ~ 5:30 p.m.; Salad Bar ~ 6:00 p.m.  
Supper ~ 7:00 p.m.; Elimination Draw ~ 8:00 p.m.  
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# Jenners entertain at library

Hugh and Peggy Jenner sang many old favorites at an afternoon session at Spiritwood Library on Friday, Oct. 18. The audience wasn't large, but it was very appreciative of the gentle stylings provided by the

pair. During their performance, Hugh announced that he and Peggy had just welcomed their eighth grandchild, born that morning. Upon a suggestion by an audience member, everyone

sang "Happy Birthday" to their new grandson. With Hugh on twelve-string guitar and Peggy on bass, the pair leafed through their songbook and kept the audience entertained until it was time for cookies.



Peggy and Hugh Jenner entertained at the Spiritwood Library on Friday.

# Hungarian Pavillion keeps donations coming



The Hungarian Pavillion made several donations to local groups recently. They finally caught up to Vicky Gray and Cooper Walter to present the \$500 cheque.

## Flu Clinics 2019/20



\* PLEASE NOTE CORRECTED FLU CLINIC DATES \*

Chitek Lake		
October 30, 2019	Chitek Lake Senior Centre 29 Pine St.	9:30 - 12:00
* Leoville *		
* October 23, 2019	Leoville Senior Centre Main St.	10:00 - 16:00
Medstead		
November 5, 2019	Medstead Senior Centre McMurphy Rd.	10:00 - 13:00
* Rabbit Lake *		
* October 25, 2019	Rose Gill Lodge 205-1 St. West	10:00 - 13:00
* Shell Lake *		
* October 22, 2019	Schwartz Villa 311-1 St. East	10:00 - 13:00
* November 4, 2019	Schwartz Villa 311-1 St. East	10:00 - 13:00
* Spiritwood *		
October 26, 2019	Spiritwood & District Health Complex Public Health Office 400-1 St. East	11:00 - 14:00
November 6, 2019	Spiritwood & District Health Complex Public Health Office 400-1 St. East	16:00 - 19:00
* November 20 & 21, 2019	River School 216-2 St. West	16:00 - 18:00
November 27, 2019	Spiritwood & District Health Complex Public Health Office 400-1 St. East	14:00 - 17:00
December 11, 2019 January 8, 2020	Spiritwood & District Health Complex Public Health Office 400-1 St. East	15:00 - 17:00

- ▶ The flu vaccine is a safe, effective way to help people stay healthy, prevent illness and save lives.
- ▶ The shot is available at no charge to people with a valid Saskatchewan Health Card.
- ▶ Anyone six months and older can receive the flu vaccine and is encouraged to get vaccinated early in the season. Children 0-5 years must be vaccinated at a public health clinic.

Find a complete list of flu clinics offered by the Saskatchewan Health Authority at [www.4flu.ca](http://www.4flu.ca) or by calling HealthLine 811.



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**Lot 8 Aspen Dr., Spruce Bay, Meeting Lake**  
3BD, 2BA 4 season cabin, walkout basement, detached double garage, open floor plan, bunk house, short walk to the water, c/w all appliances and most furnishings. **MLS#SK778789**

**\$65,000**

**303 - 3rd Ave., Medstead**  
3BD, 1BA on main floor, 2BD, 1BA in the basement with a rental suite. Double lot, detached garage, garden area. **MLS#SK782330**

**\$239,900**

**633 - 3rd St. E., Spiritwood**  
One level bungalow built in 2013, 2BD, 2BA. Open floor plan, attached heated garage with floor drain, low maintenance yard. Call for more information. **MLS#SK782066**

**\$155,000**

**302 - 4th St. E., Spiritwood**  
5BD, 2BA, many upgrades completed, fenced yard, det. double garage, move in ready, quick possession available. c/w all appliances. **MLS#SK777353**

**\$148,000**

**151 Memorial Dr., Spiritwood**  
3BD, 1.5BA family home, basement is partially finished, new flooring, paint and some trim on the main floor. Attached single garage. Call for more information **MLS#SK776126**

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## “Final blast”

Did I promise I wouldn't keep doing this? Sorry if I did, and sorry I'm forced to break it. But I thought the following, which appeared in the Oct. 23, 2009 *Spiritwood Herald*, was fairly appropriate, given the season.

This is the season, from about the beginning of October to the middle of November, where many groups in many small towns across the country – and in the Excited States, as well – hold an annual event known as the Fowl Supper.

Or is it Fall Supper?

There seems to be no definitive answer as to whether the correct terminology is “fowl” or “fall” in referring to these suppers, (“Maybe it's supposed to be Fowl Supper,” he said. Ha ha ha. Let's move on.)

One thing seems to be clear. One person's “fowl” is another person's “fall” and they are very much the same when it comes to such things as who is putting them on and why, how they are put on, and what do people eat.

So, in the interest of trying to determine which one it is, I did a little research. For starters, Googling “Fowl Supper” resulted in 2,650,000 references (in an amazing point-three-four seconds, no less. Who can count that fast?)

On the other hand, the same Google search on “Fall Supper” came back with 6,300,000 references, more than twice as many.

However, I learned it as “fowl”, so I therefore set out to prove it by checking out some of those several millions of

references.

The first few references weren't so clear.

What seems to be a given is that the whole idea began as many as two hundred years ago. It is a tradition of the prairies more so than anywhere else, and people come from miles around to take part in them. And the food. Lots of it, featuring mostly turkey, chicken, ducks and geese as the main course, but including beef, pork and other goodies in various parts of the country.

It also includes salads. And pie. Home-made pie. Pumpkin, blueberry, apple and many other varieties.

Whether it was fowl or fall, the supper was usually put on by a church group that did it partly as a celebration of the season, but also as a fundraising venture to raise money for church expenses not covered by the weekly collection plate.

I say usually, because as soon as you can say it “is”, you can find examples of other groups putting them on. For example, the volunteer fire department of St. Francis Xavier, a small town near Winnipeg, whose annual supper feeds upwards of 700 people in three sittings.

From time to time, somebody weighs in on the origins. This from “Crying Fowl” on the website What's On Winnipeg, October 2007: “The term fall supper is of course a misnomer because it applies to any communal dinner in a rural community, regardless of whether it's actually fall or not. Go back a century and the name probably would have been fowl supper, as the wild geese, ducks or even the extinct passenger pigeon would have been served as the main course at a meal that usually features turkey in this day and age.”

And this from another source: “Autumn has been a season of super suppers for more than a century in rural and small-town Manitoba. The harvest-time meals were originally called “fowl suppers” because the main course was typically duck or goose.

Over time, the culinary concept broadened, and the term “fowl suppers” morphed into the more appetizing-sounding “fall suppers.” (A Harvest of Fall Suppers In Manitoba – Tourism Manitoba).

I don't know if “fall” is more appetizing than “fowl”, but one thing is for certain, whether it's fall or fowl, it is sure to be excellent.



## Net metering 2.0 completely misses the mark

One of the key economic tenets of most Conservative-leaning political parties is that government should never get in the way of good business.

The belief is a fairly simple one, and, on the surface, it makes some sense.

If government keeps corporate and small business taxes low, cuts away any bureaucratic red tape that might spook prospective investors, opens up global trade routes, and lets the free market regulate itself (for the most part), the economy will thrive for the benefit of all.

You can think of it almost as politics' version of the Hippocratic oath: in order for all to prosper, government must “first, do no harm.”

Of course, this “do no harm” mantra doesn't preclude government from getting involved in the economy. History, after all, is rife with Conservative governments that have doled out billions of dollars in corporate bailouts and subsidies to keep key pillars of the economy afloat.

But, by and large, the belief is that government can do the most economic good by just staying the heck out of the way — though, here, there's considerably less historical evidence that doing so actually creates prosperity for everyone.

In its 12 years at the helm, the Sask. Party — once a pairing of Liberals and Conservatives, but now almost entirely right-leaning — has mostly adhered to this economic philosophy. And, thanks to a global boom in oil and other resource prices, the hands-off approach seemed to work well, turning Saskatchewan from one of the “have-not” provinces to one of the “haves.”

How strange it is, then, that the Sask. Party government doesn't seem to be applying this same belief system to help foster the growth of the province's renewable energy sector.

Back in September, in what was a case of a government program being here today and gone tomorrow, the Sask. Party abruptly slammed the brakes on its net metering program for solar energy.

The program allowed ratepayers to receive credits for any excess energy (usually solar) they contributed to the grid, as well as a rebate for up to 20 per cent (or \$20,000) of the costs of installing solar panels for their homes.

Originally, the program was meant to run until 2021 or until a capacity of 16 megawatts was reached, whichever came first. However, a sudden surge in applications starting in July resulted in the cap being reached well ahead of schedule, and the program being put on pause.

The reason given, was that the cost of the net metering

would have climbed to \$54 million by 2030. More importantly, the program would have raised electricity bills for Saskatchewanians who couldn't afford to make the costly transition to solar by as much as 7 per cent.

With the suspension of the net metering program, came a promise that it would be swiftly reviewed and relaunched in a matter of weeks.

To its credit, the Sask. Party government delivered on its promise of haste. But that's about it.

The new net metering program it will be offering as of Nov. 1 is but an empty shell of the program it once was.

While it's unquestionably a good thing that net metering 2.0 has no cap or end-date, and offers indefinite contracts, the new program dispenses with the rebate that covered 20 per cent of equipment and installation costs.

This alone puts solar out of reach for most Saskatchewan residents.

To make the program even less feasible, however, SaskPower will slash credits for excess power generation roughly in half, from 14 cents to 7.5 cents per kilowatt hour. This means that anyone transitioning to solar will have to wait far longer to see the pay off of that decision.

“What that's done is make it essentially unattainable,” said Brenden Owens, owner of Regina-based Prairie Sun Solar. “It's going to eliminate the solar industry for residential customers in Saskatchewan.”

For a Sask. Party government that is often criticized for its lacklustre plan to address climate change, a strong, successful net metering program could have been a signal that it's taking the matter seriously and doing its part.

Instead, Owens contends that this new program will set back Saskatchewan's budding solar industry by at least 10 years, and even force some companies out of business.

Naturally, it will take some time for the full effects of the new net metering program to ripple through the industry, and Owens could be wrong. But, barring some major change, it's hard to imagine anyone signing up for the net metering program in its new incarnation.

Coming from a government that cries foul whenever any perceived threat to the province's oil and gas sector presents itself, this new industry-stalling net metering program is a betrayal of the Sask. Party's usual “do no harm” economic mantra.

But sadly, it also comes as no surprise.



DAVE  
HYNDMAN  
~  
News Editor



JORDAN  
TWISS  
~  
Columnist

## Report from the Legislature

Saskatchewan residents can now look at their laboratory test results and other health records online anywhere, anytime.

MySaskHealthRecord is a secure website that gives eligible Saskatchewan residents quick and easy access to personal health information such as lab results, medical imaging reports and clinical visit history, including hospital admissions.

Those who register will have quick and easy access to their personal health information. They will also have the ability to add their own personal information to track and generate reports; set medication and appointment reminders; and upload information from health devices such as

wearable activity trackers.

Patients and the health system will see significant benefits from things like fewer unnecessary phone calls and less time taken off work for routine medical appointments. Greater access to information also empowers

patients to be more active participants in their care, and that can result in better health outcomes.

Some provinces that offer similar programs have delays built in so that people have to wait to see their own personal health information, and some provinces only provide limited lab results or require people to have a family physician in order to sign up. Meanwhile, Saskatchewan is leading the nation with the roll-out of MySaskHealthRecord. Our program gives people access to their lab results, plus other important health information, as soon as it's available.

MySaskHealthRecord is open to Saskatchewan residents who are 18 years of age and older. To register, residents will

need a valid Saskatchewan health card, plus a Saskatchewan Government Insurance (SGI) driver's licence or SGI photo ID card.

All personal health

information in MySaskHealthRecord is safe and private. Residents who sign up will only be able to access their accounts through a highly secure, personalized login.

To register for a MySaskHealthRecord account, go to [www.eHealthSask.ca](http://www.eHealthSask.ca).

Although there have been delays in the delivery of this year's influenza vaccine, the Ministry of Health has confirmed with Health Canada that Saskatchewan will receive vaccine to support the provincial program start date of October 21.

Saskatchewan residents with a valid health card

can get their flu shot at public health clinics, local pharmacies, and some physician and Nurse Practitioner offices.

Flu shots are recommended for those at higher risk, including seniors, people with underlying chronic health conditions, children under five, and pregnant women. Seniors often have chronic health conditions like heart or lung disease or diabetes, and weaker immune systems, which makes them particularly vulnerable to complications from influenza.

Pharmacists can administer the free flu shot to residents five years and older, during home visits, and in congregate living settings. Children under five and non-Saskatchewan residents can be vaccinated at a public health clinic.

You can visit [www.saskhealthauthority.ca/Services-Locations/flu](http://www.saskhealthauthority.ca/Services-Locations/flu) for the most up-to-date information on drop-in flu clinic times and locations.

More than 340 pharmacies will offer free flu vaccinations this season. For a list of pharmacies that provide the free flu shot, visit [www.skpharmacists.ca/site/flu-shot](http://www.skpharmacists.ca/site/flu-shot) or ask your local pharmacy if they offer it.

Information on influenza immunization in Saskatchewan is available at [www.saskatchewan.ca/flu](http://www.saskatchewan.ca/flu). For advice on influenza symptoms and when to seek care, call HealthLine 811 or visit [www.healthlineonline.ca](http://www.healthlineonline.ca).



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## Rivier students have strong Cross-country season



Grade 4-6 students at Rivier Elementary School had a great Cross Country running season. Students attended a meet at the Spiritwood Golf Course and a meet at the Little Loon Resort.

## Schira takes home big Mega 50/50 pot



Della Schira was presented with the Mega 50/50 cheque by Bevra Fee on behalf of SARCS. Della and Jim had the winning ticket, worth \$15,000.

### Spiritwood Herald

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LETTERS TO THE EDITOR: In the interest of readers of this newspaper, we will publish opinions of our readers. Letters To The Editor are most welcome; however, they must be signed and include writer's contact information and will only be published with the writer's name on it. Letters should be limited in length and be typed or clearly written. We reserve the right to edit letters depending on available space.

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# Area Conservatives cruise to election victories

Closing out what was a nearly impossible to call election race, Prime Minister Justin Trudeau's Liberal government has earned a minority mandate from Canadians on the strength of solid performances in Atlantic Canada, Québec and Ontario.

The Liberals were able to claim 156 of the 338 seats in the House of Commons — just 14 seats shy of a second majority — leaving Jagmeet Singh's NDP holding the balance of power going forward.

Meanwhile, the Conservatives, under leader Andrew Scheer, saw a surge in both seats won and votes earned and will remain the official opposition. The Conservatives won the popular vote, earning 6,152,521 ballots to the Liberals' 5,911,879, and took 121 seats — primarily by painting the prairies almost entirely blue.

Elsewhere, after seeing a surge in the polls in the weeks leading up to election day, Singh's NDP failed to translate its momentum into seats

and claimed victories in just 24 races. Similarly, the Green Party grew its share of seats to three, but otherwise underperformed compared to poll predictions.

Rounding out the national picture, the Bloc Québécois saw a major resurgence under leader Yves-François Blanchet, taking 32 seats compared to its 10 in the 2015 election. And, finally, Maxime Bernier's People's Party of Canada failed to register as a blip in the election picture, with Bernier losing the Beauce riding to Conservative Richard Lehoux and no other candidates scoring a seat.

Looking at the coverage area of the Shellbrook Chronicle and Spiritwood Herald, Conservatives were mostly able to cruise to easy victories on election night.

In the Prince Albert riding, incumbent Randy Hoback sailed to an easy fourth mandate as MP by seizing 68 per cent of the vote (26,671 ballots). Meanwhile, NDP nominee Harmony Johnson-Hard-



**Conservative nominee for Desnethé-Missinippi-Churchill River Gary Vidal won the tightest race.**

er took 17.4 per cent (6,815 ballots), and Liberal candidate Estelle Hjertaas earned 10.1 per cent (3,977 ballots).

Bringing up the rear, the Green Party's Kerri Wall got just 2.1 per cent of the vote (807 ballots), People's Party candidate Kelly Day earned 1.9 per cent (758 ballots), and Veterans Coalition Party nominee Brian Littlepine claimed 0.4 per cent (173 ballots).

Moving to the usually hard-fought Desnethé-Missinippi-Churchill River riding, Conservative candidate Gary Vidal was able to unseat NDP incumbent Georgina Jolibois by taking 41.7 per cent of the vote (10,816 ballots).

Perhaps a victim of vote

splitting, Jolibois earn just 28.9 per cent of the vote (7,504 ballots), while Liberal candidate Tammy Cook-Searson earned 26.6 per cent of the vote (6,899 ballots).

Once again, the Green Party and the People's Party didn't manage to factor into the race. Green candidate Sarah Kraynick earned 1.9 per cent support (500 ballots), while the People's Party's Jerome Perrault garnered 0.8 per cent of the vote (205 ballots).

Looking west to Battlefords-Lloydminster, Conservative incumbent Rosemarie Falk won in one-sided fashion, taking 78.9 per cent of the vote (28,137 ballots). Meanwhile, the NDP's Marcella Pedersen earned 11.2 per cent of votes (3,998 ballots), and Liberal candidate Larry Ingram claimed just 6.4 per cent (2,265 ballots).

In this race, People's Party candidate Jason MacInnis managed a fourth place finish, taking 1.8 per cent of the vote (657 ballots). Green Party nominee David Kim-Cragg earned 1.7 per cent of the vote (594 ballots).

Closing out the area's results, the Carlton Trail-Eagle Creek contest saw Conservative incumbent Kelly Block cruise to an easy victory with 78.7 per cent of the vote (34,814 ballots). NDP Candidate Jasmine Calix claimed just 12.2 per cent of the vote (5,384 ballots), while Liberal nominee Rebecca Malo earned 4.6 per cent



**Conservative incumbent Rosemarie Falk secured nearly 80 per cent of the vote to cruise to victory.**

(2,015 ballots).

In a near tie for fourth place, Green Party candidate Dean Gibson took 1.9 per cent of the vote (857 ballots), and people's party nominee Cody Payant earned 1.8 per cent (792 ballots). Meanwhile, independent candidate Glenn Wright took 0.8 per cent of the vote (355 ballots).

All told, 17.9 million of Canada's 27.1 million registered voters casts ballots in Monday's election, leading to a voter turnout of about 66 per cent. This is 2 per cent lower than the 2015 contest that saw Prime Minister Trudeau's Liberals seize power, but still higher than most other recent elections.

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**Saskatchewan Flu Shots Available**

Saskatchewan residents with a valid health card can get their flu shot starting the week of October 21st. Visit the Saskatchewan Health Authority website at [saskhealthauthority.ca](http://saskhealthauthority.ca) for the most up-to-date information on drop-in clinic times and locations.

**Hon. Scott Moe, Premier**  
 MLA for Rosthern-Shellbrook  
[scottmoe.mla@sasktel.net](mailto:scottmoe.mla@sasktel.net)

**Hon. Jeremy Harrison**  
 MLA for Meadow Lake  
[jharrisonmla@sasktel.net](mailto:jharrisonmla@sasktel.net)

## Sask. facing economic triple whammy

The Saskatchewan government's finance department must be wondering just where the revenue streams in this province are coming from in the next several months at least.

It can't be much better in the other Prairie provinces either.

We know oil is still in the doldrums.

Recently JWN Energy posted drilling activity in Western Canada is currently depressed at historic levels, according to a new report from Peters & Co. Limited. Drilling activity is gener-

ally a strong indicator of the optimism of the oil sector. When prices and prospects are strong they go looking for more oil.

If sale prices for crude are depressed there is little reason to look for new oil if it isn't selling at a good price.

The reasons for the doldrums of the sector are obviously many, although many in the west point at the lack of an oil pipeline to eastern markets. That is largely a red herring regarding the current sluggish oil sector when one remembers it was not that many



CALVIN DANIELS

years ago crude oil was more than \$100 a barrel sans a pipeline.

Any suggested pipeline in recent years would also still be in construction, so not a factor today.

That all said it could be

argued a pipeline would buffer prices in the years ahead.

But, today, provincial coffers will not be seeing big oil revenues.

Potash sales are also sluggish.

It was in August when the Mosaic Company planned to indefinitely shut down its Colonsay, Sask., potash facility, which would result in well over 300 workers being laid off. The reason was to work on reducing inventories which means sales are depressed on the sector, and that means reduced provin-

cial revenues are likely.

In Saskatchewan the third leg of the three-legged economic stool has been agriculture.

Saskatchewan Agriculture's Crop Report for Oct. 1 to 7, reported only 55 per cent of the crop was in the bin.

While up from 47 per cent a week earlier it remained well behind the five-year (2014-18) average of 82 per cent for the same time of year.

A look at the severe snow storms hitting Manitoba over the Thanksgiving weekend, and the generally dreary

weather in Saskatchewan does not bode well for getting the rest of the crop in the bin, not to mention the likelihood of reduced grades for crop still in the field, and the farmer costs of drying grain. The situation in agriculture could well go from being an economic asset to Prairie provincial governments to a sector in need of financial aid given the 2019 harvest conditions.

The triple whammy will definitely put some pressure on provincial budgets and in terms of local economies as well.

## Developing more nutritious crops to feed a growing world

With thousands of seed samples produced every growing season, Dr. Tom Warkentin needs fast, accurate and cost-effective techniques to assess the nutritional value of the pea varieties he has developed. Now, thanks to two recent studies, techniques available at the Canadian Light Source (CLS) synchrotron at the University of Saskatchewan show promise for Warkentin and many other plant breeders.

"These studies arose from the question, 'Can we use the synchrotron to measure the nutrient traits in pea seeds?'" explained Warkentin, professor of plant science and pulse breeder in the Crop Development Centre at the University of Saskatchewan's College of Agriculture and Bioresources. "Improving the nutritional value of peas is a higher and higher priority for us in plant breeding so we wanted to look at the standard approaches we've been using to measure nutritional traits versus the techniques available at the CLS."

Quickly determining the levels of protein, starch, micronutrients and other elements enables breeders to select lines that provide the highest levels of dietary minerals for humans and offers a potential solution to mineral deficiency in many parts of the world. Warkentin added pea protein has been "in the news" lately as it is the main ingredient in protein-based meat alternative foods "so the nutritional profiles are important for companies that want to use peas."

One of the studies, published online in Crop Science, evaluated X-Ray Fluorescence (XRF) spectroscopy against widely-used atomic absorption

spectroscopy to profile peas, a crop that is a rich source of protein, complex carbohydrates, fiber, B vitamins and a range of minerals including iron, zinc and magnesium. A similar comparison was done using Fourier transform mid-infrared (FT-MIR) spectroscopy and conventional wet chemistry methods, also on pea seeds. Those results are published in the Journal of Food Chemistry.

Warkentin described both studies as proof-of-concept research, and both indicated a comparable level of accuracy between CLS techniques and other assessment methods, with some advantages for synchrotron XRF and FT-MIR. An important advantage is the small sample size required for the synchrotron methods; new breeding lines often have very limited quantities of available seeds. In both studies, the seeds were ground into a fine powder and pressed into thin wafers for analysis whereas conventional methods often involve the addition of chemicals, making sample preparation tedious, time consuming and potentially environmentally unfriendly.

Additionally, XRF and FT-MIR "can measure a large number of traits of interest simultaneously and quite quickly," he said.

Dr. Chithra Karunakaran, Environmen-

tal and Earth Sciences Manager at the CLS and co-author on both studies, said an additional benefit of the synchrotron techniques is "they work just as well no matter what the sample is—seeds, leaves, tissue or roots." And, there is no need to change the testing protocol for different crops.

Warkentin said he expects tweaks to the testing protocol will improve the speed of data collection but, as it is, "I think any other plant breeder would see this as an interesting option."

In their paper, the scientists describe

the need to deliver more nutritious crops to developing countries with undernourished populations and to Western countries for healthier diets. Saskatchewan is uniquely well set-up to address these issues.

The University of Saskatchewan is home to Canada's only synchrotron and Saskatchewan is a major exporter of field peas to many other countries, including India, China and Bangladesh. As a result, the province could help to develop more nutritious crops and send them to the people who need them across the world.

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# Rivier students participate in Terry Fox Run



Students from Rivier Elementary School and Hartley Clark School took part in the annual Terry Fox Run on Sept. 25. Students walked, ran and biked in support of cancer research. Students at Rivier Elementary School raised \$2,190 for the Terry Fox Foundation. They celebrated with a rewarding treat from Prairie Centre Credit Union in Spiritwood.

## Giving Wildlife a Brake

The Saskatchewan Wildlife Federation (SWF) has launched the second half of its 23rd annual public safety campaign aimed at preventing vehicle collisions with wildlife, primarily moose and deer.

Titled "Give Wildlife a Brake," the campaign consists of various mass media reminders to motorists to be more alert while driving on Saskatchewan roadways. Brightly colored highway billboards, posters in various government offices, social media advertising and radio public service announcements will make up the bulk

of the campaign.

In 2018, vehicular collisions with wildlife (12,401 with deer and 525 with moose) contributed to 3 human fatalities and 387 injuries and caused an estimated \$83 million in insurance claims.

September through November are the months when the vast majority of vehicle/wildlife collisions take place. This is because the rut, or breeding season, takes place for moose in mid to late September and for deer in mid to late November. During the rut, both sexes of both species are much more mobile,

especially the males who are actively seeking out females in new territories.

Wildlife has no understanding of the dangers of crossing the highway so only drivers can prevent a collision with a large moose or deer. Constant vigilance and reducing vehicle speeds at night can significantly help to avoid a collision. The SGI website (<http://www.sgi.sk.ca/wildlife-collisions>) contains information on how to avoid collisions with wild animals.

This annual campaign which also receives financial support from SGI, has been

in existence for 23 years with different messages relating to collision avoidance. Previous slogans include "Slow Down and Save a Buck" and "Go Slow and Save a Little Doe" and "Moose on the Loose".

"Public feedback from the campaign has been very positive," says Darrell Crabbe,

Executive Director for the SWF. "We get encouraging comments from people all over the province. In fact, we've even had agencies from other jurisdictions contact us for information on how we put our campaign together"

For more information on "Give Wildlife a Brake" contact:

- At SWF – Chelsea Walters, Director of Communications (306) 692-8812
- At SGI – Tyler McMurchy, Mgr. of Media Relations - (306) 751-1837

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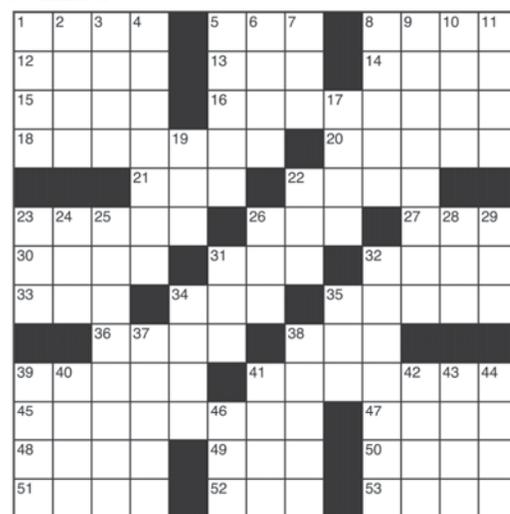
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## CROSSWORD

PUZZLE NO. 995



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**ACROSS**

- Gentle rain
- Youth
- Mast or boom
- Toward
- "Diamonds \_\_\_\_\_ Forever"
- Walk the floor
- Look at quickly
- Bleeped a bad word
- Decreases
- Frogs' relatives
- Fuel for a Ford
- Pull sharply
- Tingly
- Method
- Sprite

- Blow, as a horn
- Chinese skillet
- Angler's need
- Male child
- Make a knot
- Crazy
- Mineral deposit
- Carried out
- Alter
- Pathetic
- White, aromatic flower
- Plus
- Choice word
- Tourist's stop
- Informal shirts

- Winter slider
- \_\_\_\_\_ soup (dense fog)
- Opposite of west

**DOWN**

- Young girl
- One-twelfth of a foot
- Twinkler
- This evening
- Supports
- Miners' quests
- Japanese coin
- Ladle
- Talking pet
- Received an "A" on

- Carmine and ruby
- Don't leave!
- Vote of denial
- Shaggy ox
- "\_\_\_\_\_ a Living"
- Furthermore
- Chat
- Heartache
- "\_\_\_\_\_ It Be"
- Go by plane
- Triumph
- Glow
- Ebb \_\_\_\_\_
- Drill part
- Halted
- Singer Ross
- Long time
- Shopping place
- Yearn
- Fido's bane
- Applies
- \_\_\_\_\_ and found
- Small drink

ANSWER TO PUZZLE NO. 995



CROSSWORD PUZZLE ANSWERS USE AMERICAN SPELLING

## Oilers big winners in one-sided trade

Colour this trade 'red', as in Flames' embarrassment and James Neal causing goal lights to flash.

The red faces of Calgary Flames' management over the Neal-for-Milan Lucic trade are close to matching the colour of the team's sweaters.

It's almost as if Edmonton Oilers general manager Ken Holland found some magic beans, climbed the beanstalk and wound up with a big pot of gold coins.

Lucic was sent to Calgary during the summer in exchange for Neal in a swap of two under-performers.

And how has it gone so far? Through two weeks, if you checked the NHL stats under 'goals', you'd see Neal was No. 1. He scored seven in Edmonton's first five games, including a four-goal outing at home against New York Islanders.

Under 'penalty minutes', Lucic was No. 1, with 26, in Calgary's first five games. Lucic also had zero goals and zero assists in that period, but he did have 16 hits to rank among the

NHL's top 20.

The trade made some sense on the day it was made. Neither Neal nor Lucic did much offensively to help their teams last year, and both carried the weight of monster contracts. The feeling was that fresh starts and new scenery were needed for both. Neal had arrived in Calgary as a free agent one year earlier with the reputation of a serious sniper (10 seasons of 20-plus goals, including a 40-goal campaign with Pittsburgh in 2011-12). For a variety of reasons, nothing clicked and he wound up in coach Bill Peters' doghouse.

The Flames, meanwhile, said Lucic's hard-nosed, grinding style was something the team was missing and he showed off that side in Game 1 of the new season when he sucker-punched Colorado's Nikita Zadorov after the Avalanche player crushed Flames 5-foot-9, 160-pound Austin Czarnik into the boards. Peters was also hoping Lucic might rediscover his scoring touch; after all, he has had a 30-goal season and four others of



BRUCE PENTON

20-plus goals in his NHL career before potting only 10 and then six in his last two seasons with the Oilers.

If the first two weeks of the season are any indication, this is one of the most one-sided sports trades in history. Babe Ruth from the Red Sox to the Yankees for \$400,000 cash is the benchmark in that category. Neal's on pace for more than 100 goals and Lucic is trying out for Don Cherry's all-star team by skating around punching people, sporting a red face to match his new red uniform.

• Comedy writer Alex Kaseberg, on the hapless Dolphins having a bye: "My advice is bet on Miami and take the six

points."

• Omaha's Brad Dickson: "Bill Callahan is the interim head coach of the Washington Redskins. The nautical version would be if the captain of the Titanic got a second chance."

• Comedy writer Jim Barach: "Clayton Kershaw threw six pitches for the Dodgers in (their series-ending) loss. The first three for a strikeout, the next three for two home runs. In three pitches he went from the GOAT to the goat."

• Janice Hough, from leftcoastsportsbabe.com: "Braves are looking so bad Atlanta sports fans are getting PTSD flashbacks to Super Bowl LI."

• Tweet of the Week, from "Captain Schlusser: Leader of Men," after the Braves coughed up a record 10 runs in the first inning of the winner-take-all Game 5 vs. the Cardinals: "It's been 2 years, 8 months and 3 days since Super Bowl LI. The Falcons led 28-3 in Super Bowl LI. It suddenly makes sense."

• RJ Currie of sports-deke.com: "A Turkish morgue reportedly in-

stalled motion-detecting alarms in case the dead come back to life. In a related story, motion detectors are being installed in the Miami Dolphins dressing room."

• Alex Kaseberg again: "The Rams' Clay Matthews had to have his jaw wired shut. This is terrible. Why couldn't this have happened to Richard Sherman instead?"

• Dwight Perry of the Seattle Times: "The Bills have signed defensive end Wyatt Ray — the late Nat King Cole's grandson — to their practice squad. Buffalo fans' No. 1 wish: Save your greatest hits for Tom Brady."

• Another one from Janice Hough, after the Texans — who'd averaged 19.5 points in their first four games — put up

53 on the Falcons: "Their offence went through Atlanta faster than Sherman."

• Bob Molinaro in the Norfolk Virginian-Pilot, on the NFL fining Browns receiver Odell Beckham Jr., among others, \$14,037 for un-sportsmanlike conduct: "Let's assume the fines were deserved, but what's with the \$37? Is that some sort of service charge?"

• Greg Cote of The Miami Herald, on the recent NFL matchup between 0-5 Washington and the 0-4 Dolphins: "Picking a team to win (this) game is like choosing whether to wear underwear made of sandpaper or burlap."

Care to comment? Email [brucepenton2003@yahoo.ca](mailto:brucepenton2003@yahoo.ca)

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**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:** Shell Lake & District Lions 41st Annual Novemberfest Dine & Dance. Saturday, November 2, Shell Lake Lions' Hall. Cocktails ~ 5:30 pm; Salad Bar ~ 6 pm; Supper ~ 7 pm; Elimination Draw ~ 8 pm. 17 winner totalling \$1,825. Dance to follow draw. Music by Half Na Piv. \$45/ticket available at: Shell Lake General Store ~ 306-427-2044; Corrie ~ 306-427-4922. Lottery License # SR191609. 230 ADVANCE Tickets (Only) To Be Sold

**SPIRITWOOD:** SARCS Annual General Meeting. October 30, 2019 - 6pm. Spiritwood Rec Centre Mezzanine. Everyone welcome to attend. Accepting nominations for SARCS board. For anymore information call 306-883-2176 or email spr@sasktel.net

**LEOVILLE:** St. Therese Parish, Leoville, Fall Supper. Sunday, Nov. 3, Leoville Community Hall, 5 - 6:30 pm. Adults \$12; 6-13 Yrs \$6; Preschool Free. Raffle and Bingo to follow supper.

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Wednesday Prayer  
7 pm - 8 pm  
Pastor Ruth Phillips

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the Season  
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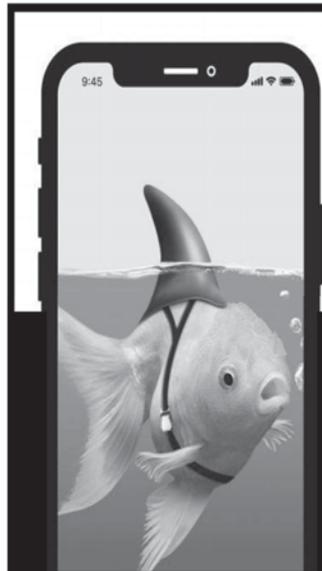
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# Growing citrus indoors for the winter

**By Patricia Hanbidge**

Now that our garden season is officially finished, it is time to move our thoughts and energy indoors. This motivation comes rather easily to me as when it is warm enough outside, there are no houseplants inside! It really is a treat to care for plants in an outdoor environment as the care is easy and the plants all flourish. However, this does come to an end and this year, that end was close to the end of September. A bonus, as for the past few years this end has been a full month earlier.

One of the favourite plants we enjoy inside for the winter is the Meyer Lemon. These small but very prolific plants are only around three feet (a metre) in height and about the same in spread and makes a home in a pot that is about 14 inches in diameter. As they mature, they will likely be a foot or so higher but do need regular pruning like other fruit trees. Our Meyer lemons have been producing for a few years now. It is extremely satisfying to enjoy fresh lemons off a tree right

here on the prairies. It is not a difficult plant to grow but there are a few things that are needed by these lovely plants.

First and foremost, the plant itself is attractive with glossy green leaves and sweet-smelling blossoms. Any citrus is a rewarding plant to grow and my personal favourite is the Meyer Lemon. Lemons and limes will continuously produce if given the correct conditions, so by growing them properly will give you a constant supply of lemons and limes. They are quite sensitive to cold and in the winter, they reside under grow lights to ensure continuous production. Also, it is important for the soil to be kept warm in the winter as if they get too cold, they can quickly develop root rot and will drop their leaves and perish. I like to keep them a bit elevated if it is cold in the room they reside in to ensure the root zone stays nice and warm. They are simply planted in regular soilless potting mix and do get fertilized regularly. It is important that they get adequate moisture but do not like to have wet



**Meyer Lemon blossom.**

feet. If they are in a container that is adequate for their size, we water approximately once a week.

The Meyer Lemon is a hybrid citrus that is native to China and was the result of a cross between a citron and a manda-

rin bitter orange. At maturity (depending on the root stock it is grafted to) will be up to eight or so feet tall with fruit that is thin-skinned, rounder and will have a slight orange tint when ripe.

A Meyer Lemon was named by Fred Meyer in 1908 and have been grafted onto rootstock to ensure the production of fruit. For a period of time, there were some years lost as they were hit hard by a virus that ceased production for a period of time. What developed out of that was an Improved Meyer Lemon Citrus x meyeri 'Improved' which is a new hybrid that is resistant to some of the problematic virus that affect these lemons. The fruit itself will usually have a number of seeds but these seeds will not be a true Meyer lemon when planted. They may or may not produce fruit and sometimes will take longer before they reach reproductive maturity.

Occasionally, we will see Meyer lemons in the grocery stores but most of the lemons we see are Eureka or Lisbon lemons and are less sweet,

more oval in shape and a true yellow with no hint of orange in the skin colour.

One last thought on producing citrus for year around appeal and production. Inside, you will have to be the pollinator as we normally do not have insects flying around in our homes. I simply keep a small and soft paint brush nearby the citrus and dab a bit of pollen (from the male reproductive flower parts) on the top of the pistil, which is the top of the female reproductive parts of the flower. If you look closely at the image that is published along with this article you can see the yellow pollen grains on the top of the pistil.

I hope this article gets you excited to grow citrus and enjoy the fruits of your labours!

*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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