

Spiritwood Herald



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www.spiritwoodherald.com

Timberwolves take down Tigers in penalty filled game



Friday night's senior hockey game had a lot of goals and a lot of short-handed ice time due to the ever-occupied penalty box.

The Timberwolves faced off against the Turtleford Tigers on Jan. 10 for what ended up being a rough game. JR Bussiere was minding the net for the evening and did an outstanding job.

The Timberwolves got ahead early in the first period with Anthony Radke putting one past the Tigers goaltender assisted by Aidan Nielsen-Clark and Dallan Saam. The Tigers managed to tie up the

game just before the end of the 1st period sneaking one in past Bussiere leaving the period 1-1.

Spiritwood came out very strong in the second period and managed to get two quick goals in within the first couple of minutes. Colton Poulin, Patrick Robinson, and Jeff Caffet made up the line responsible for the back-to-back goals, with Poulin putting in the first one and Robin-

son putting in the second. Robinson got his second of the game a few minutes later, assisted by C. Poulin and Tyson Poulin. Scott Haggerty was next in line to help widen the game, putting one in just ahead of the halfway mark in the second assisted by T. Poulin, and Radke. Turtleford managed to slide one over Bussiere's glove on a cross-crease wrist shot with 8:39 left to go in the period. Robinson finished off a hat-

trick before the end of the period, assisted by Caffet and Radke, after an onslaught of shots fired at the Turtleford net, to leave the score 6-2.

No pucks would get past either goalie in the third period, but the penalty box remained occupied as it had been since early in the second. Turtleford managed to rack up seventeen penalties by the end of the game while Spiritwood took eight.

Spiritwood Curling Club gearing up for the new year

The Spiritwood Curling Club is back up and going again after the Christmas break and there will be plenty of curling between now and April.

League play has resumed on Monday and Wednesday nights at 7 p.m.

With the wrap up of Super League

just before Christmas, the club has brought back drop-in doubles curling on Tuesday nights.

The first bonspiel of the year, the Closed Bonspiel, will take place Jan. 27-29 over Curling Day in Sask.

The always fun Ladies Bonspiel will be held March 14, while the

Open Bonspiel running March 19-22.

The Seniors Bonspiel will wrap up the bonspiels for the season on March 23 to 25.

High school curling are back throwing rocks again and Spiritwood will be hosting the Spirit of the North Curling Classic Jan. 31 to Feb. 1. High

School District Play Downs will take place Feb. 11 to 12 with Regional Play Downs for girls and mixed on Feb. 28 to 29 and mixed Provincial Play Downs wrapping up the high school curling on March 5 to 6.

The Curl Sask Masters Qualifiers will be held Feb. 15 to 16.

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SHA hosts Spiritwood Initiation Jamboree

Saskatchewan Hockey Association (SHA) was in Spiritwood on Jan. 11 to host an Initiation Jamboree. Spiritwood's youngest up and coming hockey players were treated to a couple hours of drills and mini games from SHA instructors.



Spiritwood's Initiation level hockey players had a great afternoon of skills and games put on by Saskatchewan Hockey Association.

In Memory

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Sledge Hockey a hit

Originating in the early 1960s in Stockholm, Sweden, sledge hockey made its way to Canada in 1982. The sport was designed to allow those with physical disabilities to continue playing hockey. The players get strapped onto a double-bladed sled with both legs fully extended. They move around the ice using two shorted hockey sticks that have picks affixed to the straight ends.

The Cut Knife Sledge Hockey Club made a trip up to Spiritwood on Jan. 11 to promote the sport and give kids and adults an opportunity to try out the sport. They brought along the sleds and helped interested parties get strapped in and started on the ice. Saturday afternoon was full of smiling faces

coasting around the rink trying to shoot the puck off the ice while they tried this variation on a game they know and love.



Kids and adults came out to give sledge hockey a try at the Spiritwood Recreation Centre.

Witchekan Wildlife Federation Inc. Annual Banquet & Awards Night Saturday, January 25, 2020

Spiritwood Civic Center

Cocktails - 5 p.m.; Supper - 6 p.m.; Dance - 9 p.m. (Music by: Misdeal)
Adults \$25; 10 & Under \$12.50; Preschool Free

For tickets call:

Lyla 306-883-9284; Pearl & Eric 306-883-2835; Jim 306-984-4514

Photo Contest - Categories include: Scenery, Hunting, Fishing & Wildlife.

Pictures must be printed on 8x10 Kodak paper & can be submitted the day of banquet.

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Events & Recreation Coordinator Permanent Full Time

The Town of Spiritwood is accepting applications for the position of Events & Recreation Coordinator. The community boasts a vibrant recreation base including a Skating Arena, Curling and Bowling facility, Ball Diamonds and Parks.

We are seeking an ambitious and community minded individual to fill the position. The ideal candidate is a motivated leader who has the ability to work under minimal supervision and be able to work closely with volunteers in a leadership, recruitment and retention capacity. This person will be responsible for event planning, marketing, grant applications, recreation programming, lottery licenses, staff, assisting volunteer groups, directing recreation meetings. Financial management skills and QuickBooks is an asset. Contact the Town Office for more information.

This position closes January 24, 2020 @ 4:00 p.m. or until a suitable candidate is found.

Please send resume, references and range of salary expectations to:

Town of Spiritwood
Box 460, Spiritwood, Sk. S0J 2M0

Email: tos@sasktel.net

Phone: (306)883-2161 Fax: (306)883-3212

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Soul Therapy pulls winner of \$100 gift certificate



Lise Stevens presenting a \$100 gift certificate to Sanale Andebor. Anyone who had a service done in December had their name entered in the draw.

10,400 new jobs created in Sask. in 2019

Saskatchewan Saw A Year Of Strong Job Growth In 2019

According to new Statistics Canada data, Saskatchewan saw an increase of 10,400 jobs, or 1.8 per cent, from 2018 to 580,400 jobs. More than half of that job growth is due to full-time jobs.

Saskatchewan's annual unemployment rate was the fourth lowest among provinces at 5.4 per cent and remained below the national rate of 5.7 per cent in 2019.

"In spite of external headwinds, the creation of 10,400 jobs in 2019 is an indication that Saskatchewan has a robust, diverse and growing economy," Immigration and Career Training Minister Jeremy Harrison said. "Saskatchewan's growth plan set an ambitious target of 100,000 new jobs by 2030, last year's job growth shows that this target is reachable and well on its way of being met."

December 2019 also marked the 17th consecutive month of job growth on a year-over-year basis.

In December 2019, there were 579,900 people employed, an increase of 6,700 jobs over December 2018. Saskatchewan's monthly unemployment rate was 5.7 per cent (seasonally adjusted) in December 2019, down from 5.8 per cent in November 2019.

Other December 2019 highlights:

- Record highs for

the month of December for labour force (612,000 persons), employment (579,900 jobs), full-time employment (470,000 jobs) and female employment (269,300 jobs);

- Off-reserve Aboriginal employment increased by 4,400 jobs (+9.8 per cent) and Aboriginal youth employment was up 3,200 jobs (+45.1 per cent);

- Major year-over-year gains were reported for information, culture and recreation up 3,500 jobs; accommodation and food services up 3,500 jobs; and manufacturing up 3,100 jobs; and

- Female employment was up 3,100 jobs (+1.2 per cent) and youth employment up 1,500 jobs (+2.1 per cent) compared to last December.

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Junior Citizen of the Year Scholarship

For over the past four decades The Saskatchewan Weekly Newspapers Association, in partnership with SaskPower and with the Lieutenant Governor of Saskatchewan, have recognized the youth of Saskatchewan through the Junior Citizen of the Year Award.

These prestigious awards are given to youth who:

- Have a positive lifestyle
- Have had the ability to overcome life's challenges
- Have a strong sense of caring and responsibility
- Are dedicated to community and school
- Inspire others
- Are between ages 8 to 18

This year four deserving youth will receive \$3000 bursaries to use towards their post-secondary education.

Visit www.swna.com for further information and nomination forms

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Sex offender's name change raises many questions

Can people ever really change? Or are the genetic markers and personality traits we inherit and develop immutable?

It's a simple question; a question that has been debated for longer than anyone can remember. But for all the arguing that has been done, it still boils down to one's philosophical point of view.

An optimist will tell you that yes, absolutely, people can change. They can learn from their mistakes, grow and improve as people. The work to change may be challenging, and the desire to revert to what comes naturally may be overwhelming at times, but anyone who genuinely wishes to change can do it.

A pessimist will say that we are who we are, warts and all, and that there's nothing that can really be done about it. A bad person will always be a bad person — or, in the very best of times, just one step away from relapsing into being the bad person they are at their very core.

Conveniently, we tend to lean more towards the side of optimism when it comes to ourselves. Who, after all, would want to believe themselves incapable or undeserving of redemption?

When it comes to others, though, we're rarely as forgiving.

If it's a family member or a close friend, we might give them the benefit of the doubt. But for strangers, especially ones who have been convicted of a crime, an old saying about leopards and their spots comes to mind rather quickly.



JORDAN
TWISS
~
Columnist

The debate about change seems rather apropos, given recent headlines that a convicted sex offender relocated to Regina and changed his name without anyone batting an eye or asking a question.

The offender, David Donald Stryker (né David Donald Shumey) was convicted in Nevada in 1999 for incidents involving a young girl. After he made parole in 2018, the United States shipped him back to us, on the grounds that he was an "illegal immigrant."

Information about Shumey's name change is available to the public through the Saskatchewan Gazette. But if not for the media, it's easy to imagine that no one would be the wiser.

Needless to say, with this not being the first time this has happened in the past few years, the Saskatchewan government is conducting an internal review into how these things keep happening.

"The Ministry of Justice and the Ministry Health are currently examining changes to the application process including not allowing a change of name where an offender has been convicted of committing specific sexual offences," Minister of Justice Don Morgan said.

The trouble, however, is that these are almost the exact same words that were said in 2018, when sex offender Justin Gerard Gryba succeeded in changing his name (Gryba was convicted of producing, possessing and distributing child pornography).

While the public scratches its head about

how convicted sex offenders keep being allowed to change their names — no doubt as a means to hide from their past wrongs — the debate about change once more comes to mind.

So, too, does a common debate about the intended purpose of our criminal justice system.

For some, prison is no more than a place where the worst of society goes to rot so that the rest of us law-abiding folk can live in peace. That's it. That's all.

Others, meanwhile, have a more aspirational idea for what prisons can do. They contend that the criminal justice system's focus should be on fixing criminals so that they can become productive, law-abiding members of society in the future.

Regardless of where one stands, one can't deny that the latter would be the ideal scenario, if for no other reason than it would allow us to recoup some of the costs of locking

the bad guys away.

The question, then, becomes whether or not it's feasible.

Can the David Donald Shumey and the Justin Gerard Grybas of the world be fixed? Or will they always be nothing more than the heinous and perverse acts they committed?

Are criminals the way they are because something inside of them is lacking or irrevocably broken? Or are they led to a life of crime by extenuating factors?

History tells us that crime is more complex than "bad guys being bad guys." There's also evidence to suggest that restorative justice can help some criminals turn their lives around.

Nonetheless, the idea of Shumey and Gryba hiding from their past sins by taking new names remains highly unpalatable.

The Saskatchewan government's review of how criminals change their names needs to be swift and fulsome.



A walk around town: Spiritwood Spirited Arrows

I drive by the old Spiritwood Ag Barn just about every day on my way to go feed pigs but I hadn't ever seen the inside of it. Friday, I took a trip over there to hang out with the Spiritwood Spirited Arrows for their weekly archery shoot.

It was the second shoot of the year for the club, which is currently organized by Jennifer Epp and Tanis Franson. Jennifer and her son Travis help coach the youth archers (aged 21 and under) who are participants in the Junior Olympic Program which has clubs across North America.

Epp said the first thing that youth are taught is about safety when shooting arrows. A green and red lighting system is used to indicate when it is safe to be shooting and when it is safe to be collecting arrows.

After safety, posture and technique are worked on to help kids improve their personal accuracy and consistency.

Every Friday from now until April the 15-20 youth that participate in the club come out for 10 rounds of 3 arrows. If an archer obtains

60 points 2 evenings in a row, the following evening they move up to a farther distance to practice at. After the youth portion of the evening is over, adults can drop in around 8:30 to do some shooting of their own. It's \$10 for a week to get 10 rounds in.

The archery season wraps up with the Provincial Junior Olympic Program Shoot in April, which determines whether any youth get to advance to a bigger shoot throughout the summer.

Michael Robinson was one youth who did very well in his younger years at these archery shoots. After placing 1st at the provincial shoot in Prince Albert and 2nd in Estevan, he came 1st at a national shoot in Prince George, B.C. and went on to the World championship in Snow Shoe Mountain, West Virginia where he came 6th out of 450 shooters.

His father Cal Robinson, who originally helped found the Spiritwood Spirited Arrows, has had his share of winning as well. Cal has placed 3rd at a provincial shoot in Estevan and 2nd at a national shoot in Prince George, B.C.



With caregiver burnout on the rise, who helps the caregivers?

(NC) Caring for a family member or friend with a health issue can be a challenging and often overwhelming responsibility. But if you're one of the 8.1 million Canadians who are untrained and unpaid, yet responsible for care, you know exactly what this involves.

With the new Caregiver Friendly Pharmacy Program now available, caregivers can confidently connect with local pharmacists who have been specially trained to support them and address the many questions and issues they may have.

Through education tools, an online caregiver support network and a collection of

other resources, the program can help caregivers navigate the terrain of care, support their own well-being, and advocate for their loved ones with increased knowledge, confidence and assistance from their pharmacy team.

"The program takes a unique approach by recognizing the burden of caregivers – many of whom must give up their jobs to assume responsibilities they just don't have the training to do," says Iris Krawchenko, a pharmacist consultant and caregiver to her own elderly parent. "We see caregivers in pharmacies every day, in every region, and this program provides a tremendous op-

portunity for pharmacists to start a dialogue, offer education, provide guidance and build trusted relationships over time."

The 2018 Canadian Carers Pulse Survey revealed that seven in 10 Canadians feel that caregivers are overlooked or under-supported by the current healthcare system. Given that more than 80 per cent of caregivers pick up medications for loved ones, pharmacists were identified as a critical healthcare provider whom caregivers and their loved ones see more often than physicians, specialists and other members of the healthcare team.

"Our healthcare system is stretched for time and

resources and pharmacists are no different," says Krawchenko. "But when you have professionals that are accessible seven days a week and often 24 hours a day, ready with the tools and information, they now become a critical pillar of support."

The online tools are designed to optimize the in-pharmacy experience, helping caregivers recognize their own needs, assist pharmacists' engagement and enhance their important shared role in supporting patients.

Find a pharmacy in your local community that has been trained to support caregivers at tevacaregivers.com.



YOUR TWO CENTS

Is a flat earth really so out of the question?

Dear editor:

There is a worldwide discussion happening as to whether the earth is flat and stationary as the Bible teaches or if it is a revolving sphere hurtling through space.

Some questions should be answered before one writes off the flat earth belief as being nonsensical.

How can planets and moons maintain an orbit when just a slight variance in the balance between centrifugal force and gravity would quickly compound with the moon or planet either flying off

into space or being pulled quickly in to a crash. Yet we are to believe that this balance has been maintained for billions of years.

With the moon supposedly creating the pull to create the tides, why does the moon not lose speed because of this drag? Imagine a water skier behind a boat. And if supposedly the sun has much greater gravitation pull than the moon so as to keep the earth from flying off into space, why does it not create massive tides as the earth's oceans rotate into or away from the sun on a daily basis?

Why does the moon exhibit different traits than

the sun if supposedly its light is a reflection of the sun? Moon light is cold, sunlight is hot. Moonlight aids in fermentation, sunlight is a disinfectant.

Why can we see objects which supposedly should be hid behind the curve of the earth? For example, I have taken a picture with the camera flat on the ice and I can see the lake edge 3.7 miles away. The lake edge should be hidden behind 9 feet of earth curvature.

Laverne Isaac
Saskatoon, Sask.

Ottawa needs to act on Global Polio Initiative

Dear editor,

What is the government waiting for? The international community has pledged a new round of disease prevention through the Global Polio Initiative, but Canada is nowhere to be found.

Vaccinations are the cheapest, most effective way to prevent disease and reduce poverty worldwide.

Disease and poverty are twin sides of the same coin: someone suffering from measles, malaria or polio or a whole host of other preventable diseases cannot work or support a family.

It makes far more economic sense to fund vaccinations than complex medical services for the sick. The world knows this and most developed nations have

already pledged their share of funding. But where is Canada?

The election was a long time ago, yet Minister Gould is still missing in action. While the world waits for Canada to act, recent outbreaks of polio and measles show that infectious diseases do not.

Francis Beckow, Victoria, B.C.

Spiritwood Herald

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Member of



Sask Wheat commits \$1.9 million to collaborative wheat research

The Saskatchewan Wheat Development Commission (Sask Wheat) has committed \$1.9 million to support wheat research projects funded under the Saskatchewan Agriculture Development Fund (ADF) in 2019.

Saskatchewan's Minister of Agriculture, the Hon. David Marit, announced the funding of all crop-related ADF projects at CropSphere 2020 on Tuesday morning.

"The ADF funding process is a key mechanism to connect researchers and wheat breeders with Saskatchewan's wheat producers, keeping

producers involved in developing new varieties and finding solutions to pests, diseases and environmental stressors," says Ken Rosaasen, Sask Wheat Director and Research Committee member. "These projects will allow Sask Wheat to continue to achieve our mandate of maximizing returns on producer check-off investments and building long-term, sustainable growth for the industry."

Sask Wheat has committed over \$9.3 million to projects through the ADF process since 2014. This research falls into the areas of variety development,

production and post-production.

"Investing in targeted research and allowing researchers and wheat breeders to leverage funding from several sources will benefit Saskatchewan wheat producers now and in the future," Rosaasen says. "We are very pleased to partner with the Government of Saskatchewan and collaborate with other ADF co-funders to find new opportunities for wheat producers and strengthen the future of Canadian agriculture."

For a look at currently funded research, visit www.saskwheat.ca.

Saskatchewan government investment saves students money

The Government of Saskatchewan is providing a quarter of a million dollars to save students money on their textbook purchases.

The innovative approach supports professors and instructors at Saskatchewan Polytechnic, the University of Saskatchewan and the University of Regina to develop open textbooks and other open educational resources for students. The initiative is expected to save current and future students at least \$6.4 million with the resources developed so far.

"The Government of Saskatchewan supports innovation in the delivery of public programs and services," Advanced Education Minister Tina

Beaudry-Mellor said. "We continue to invest in supports and affordability efforts that make a difference for post-secondary students. Our province's \$1.25 million investment in the development of open text books over the past five

years is helping reduce costs for approximately 70,000 students.

"This year marks the fifth consecutive year open textbook funding has been allocated to Saskatchewan's three largest institutions. Saskatchewan Polytechnic, the University of Saskatchewan and the University of Regina each received a \$83,000 grant for 2018-19."

Open textbooks benefit students by lowering costs, increasing access and enriching the quality of learning. Faculty members benefit from the flexibility to tailor resources to their teaching styles, add local context and meet unique cultural needs.

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DISTRACTED DRIVING PENALTIES ARE GETTING TOUGHER IN SASKATCHEWAN. FINES ARE INCREASING:

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Saskatchewan

Ag regulations require difficult balancing act

If there is one thing I am rather confident in, when I look toward the future of agriculture, is that producers will face more and more rules and regulations in terms of what they do on their own land.

That is perhaps not a particularly surprising statement since there has been a trend in that direction for years now.

Regulations rarely start here on the Canadian Prairies, but as new rules come into play in other jurisdictions they are often adopted here, albeit at times tweaked to specific situations here.

As examples, farmers today face much more

regulation when they go to trench across their land to drain a slough than they did a decade ago. The new rules developed as it was better understood that draining a slough might well aid the producer doing the draining, but the impact on neighbours 'downstream' where the water would flow might well be negatively affected.

Farmers can also face localized regulations for the rather straightforward fall burning of straw, which of course creates smoke that can be an issue for neighbours, especially for urbanized clusters near the fields in question.



CALVIN DANIELS

There are also rules, developed in the last decade or so, regarding the disposal of dead farm animals. Simply dragging them to a fence line for the coyotes and magpies to clean up being frowned upon, for some rather obvious reasons.

Livestock producers

also face new regulations when it comes to veterinary work on the farm. It is no longer a simple case of going to the farm supply store to buy a bottle of penicillin and going home to self-treat a sick animal.

The list of regulations will only get longer moving forward.

Producers wanting to get a glimpse of what might be coming down the road need only watch international news, in particular in Europe and California, both locales where the urban voice is organized, strong and ultimately listened to by governments.

It can be argued poli-

ticians should listen to those who put them in power, but often voters come at perceived issues from an emotional viewpoint rather than one based on good science and common sense. That can create some real issues for governments trying to appease the voters they need to keep happy to be re-elected, and doing the best thing, for in this scenario, agriculture.

That was the apparent case in France recently, when the government established safe distances for pesticide spreading on crops near homes in an attempt to settle a debate between

farmers and environmentalists.

From Jan. 1, there must be a five-metre gap between sprayed fields and housing for shorter crops like cereals and a 10-metre zone for taller crops like fruit trees, the agriculture, environment and health ministries said in a joint statement according to a recent story at www.producer.com

The government regulations haven't made either side happy, not a surprise, but it does show how politicians have to juggle to try to develop reasonable rules and to hold onto votes.

John Feige inducted into Sask. Ag Hall of Fame

The Saskatchewan Agricultural Hall of Fame (SAHF) has announced the five individuals and one couple who will be inducted into the Hall in 2020.

The inductees being recognized for their contributions to Saskatchewan agriculture are: John Feige, Adele Buettner, Jack Hay, Eileen and William Lamont, the Honour-

able Gerry Ritz and Ted Serhienko.

The Lamonts and John Feige are being honoured posthumously.

"Saskatchewan agriculture, and by extension the province as a whole, has benefitted from the contributions of these leaders," SAHF board chairman Reed Andrew said in a release.

"We are stronger as an industry due to the dedication and hard work of the 2020 inductees and it is my honour to announce their upcoming inclusion in the Hall of Fame."

The inductees' portraits will formally be added to the Hall at a ceremony in Saskatoon on April 18, 2020.

John Feige (deceased in 2004), born and

raised in Shellbrook, helped promote beef genetics across the globe through his involvement with the Hereford Association and has a long list of community involvement.

He received the Cattlemen of the Year

Award in 1991 and the Saskatchewan Livestock Association Honour Roll in 1995. He received the Canadian Hereford Association Honour Roll, and was honoured at the Prince Albert Exhibition and Saskatoon Fall Fair,

both in 1998.

He was then honoured posthumously by the Prince Albert 4-H in 2005.

John loved life on the farm and was proud to be a part of the agricultural business in Saskatchewan.

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Saskatchewan Public Safety Agency sends three more wildland firefighters to support wildfire response efforts in Australia

This weekend the Saskatchewan Public Safety Agency (SPSA) sent three more wildland fire management staff to New South Wales, Australia, for a deployment of 38 days.

These specialists join eight other SPSA staff already in Australia helping crews battle bushfires. They will

relieve those that deployed at the beginning of December as part of a Canadian contingent co-ordinated by the Canadian Interagency Forest Fire Centre (CIFFC).

"Australia is in dire need of help and the Saskatchewan Public Safety Agency is more than willing to answer

that call," SPSA President Marlo Pritchard said. "As a province well versed in evacuations and fighting wildfires, the province of Saskatchewan sends not only its assistance but also its heartfelt condolences to those affected by this tragedy."

This is the third Sas-

katchewan deployment of Canadian firefighters to Australia under the Exchange of Wildland Fire Management Resources Agreement. Canada has called on Australian firefighters four times since 2015.

The original group has been helping to manage wildland fire incidents in the areas around Glen Innes, Grafton, Casino and Kempsey in the northeastern part of the state.

The National Resource Sharing Centre in Melbourne requested assistance from Canadian wildfire agencies to fight bushfires

along the east coast of Australia. Canadian fire management staff are filling operational, planning and aviation roles.

A severe and early fire season in eastern Australia has led to fatalities, property loss and the destruction of large areas of New South Wales and Queensland.

Saskatchewan is a member of the CIFFC. When appropriate, Canadian provincial wildfire agencies export firefighting resources at the request of other jurisdictions through mutual aid resource sharing agreements.

To learn more about the Saskatchewan Public Safety Agency visit <https://www.saskatchewan.ca/government/government-structure/crown-corporations/saskatchewan-public-safety-agency>.

Note: The Saskatchewan Public Safety Agency will not provide interview opportunities with staff members deployed to Australia at this time. Media availability will be provided shortly after personnel arrive back in Saskatchewan. A media advisory will provide notice at that time.



CHECK IT OUT!

Spiritwood Herald Website

www.spiritwoodherald.com

Smart Meters to Cut Costs for Businesses

**Paid advertorial*

SaskPower is offering a new program that could help cut power costs for businesses. The new smart meter program is a helpful tool for businesses to track their power use. The company is offering 1,000 smart meters to selected small- and medium-sized business across Saskatchewan in the coming months.

Here's how it works: interested business owners can go online to apply. If you are selected, SaskPower will send out a technician to replace your existing power meter with a smart meter. SaskPower provides these meters at no cost. The smart meter will automatically track your power use. SaskPower then bills for the exact amount of power a business uses each month. This means no more estimated bills between actual meter reads.

Smart meters track data points every 15 minutes. Business owners can see this data online. This access to power use data can help businesses cut costs. How much a business saves depends on how much action they take. Businesses in North America that use smart meters have been able to save 2% on their power bill just by having better data. No-cost or low-cost actions can help increase these savings up to 15%. These actions include

"No one is excited about paying bills, but this is one bill we're looking forward to."

improving your heating/cooling schedules and having staff be more conscious of power use.

According to the US Department of Energy: Federal Energy Management Program, some businesses with smart meters have noticed savings up to 45% on their power bills. This happens when

business owners combine tracking their power use with long-term procedure changes. Changes can include upgrading equipment or changing operating procedures.

Safety is another key feature of the new smart meters. All meters have passed third-party testing. They've also passed harsh condition tests, which means that business owners can rely on them during Saskatchewan's toughest weather.

One business owner who has taken advantage of this offer is Alan Dougherty, owner of the Orpheum Theatre in Estevan. The Orpheum opened in 1914 and is a landmark of the community. "The theatre, being this old, has a lot of power consumption," says Dougherty. "The boiler uses it, the air conditioning, the projectors. It has limited insulation because of the brick building. It definitely consumes a lot of power." He was drawn to the program because he wanted to avoid true-



Dougherty inspects smart meter with SaskPower technician. Photo courtesy of Scott Goodwill.

ups and estimated bills.

For interested business owners, installing a smart meter is easy. Contact SaskPower online at www.saskpower.com/smartsignup to sign up. Quantities are limited. If chosen, SaskPower will contact businesses to schedule their free installation. "It was a very simple process," says Dougherty. "[The technician] came and talked to me about what the procedure was—shutting off the main power to the building. It only took two or three minutes. It went very smoothly."

For Dougherty, the smart meters are a

welcome improvement to his business. He's looking forward to seeing his power usage in real time. "No one is excited about paying bills, but this is one bill we're looking forward to."

How to shovel snow without hurting yourself

(NC) Save yourself a trip to the clinic the next time you shovel the snow from your driveway by following these tips from Dr.



Kevin Velicaria, M.D. family medicine:

Warm up and cool down. Shovelling snow can be as much of a workout as going to the gym, so prepare your body with a brief warm-up to get your muscles ready. When you're done, be sure to do some cool-down stretches, especially for your lower back.

Use the right tools. An ergonomic shovel with a curved handle will help reduce the strain on your back. Avoid choosing one that's too large because you're likely to strain yourself if you try to move too heavy a load. Be sure to also wear footwear with good grip to prevent falls.

Bend your knees. Protect yourself from back injuries by bending your knees when lifting any amount of snow. Try to avoid twisting your body as you work and you'll

keep your lower back happy.

Take your time. Don't try to do everything at once. Shovelling too much, too fast usually leads to injury. Pace yourself and do only as much as your body can take. If necessary, come back at another time to clear the rest.

If you do overdo it, there are ways to con-

trol pain and inflammation. Applying ice to the affected areas is always helpful as is an application of Awaye, a natural, topical pain cream developed in Canada. It works by leveraging the body's own defence system and combines two pain-relieving agents to help you get back to normal faster.

How to bring your finances back on track after the holidays

(NC) Since the festivities are over, it's time to take back control of your personal finances, especially if you spent more than you intended.

Everybody knows that the holidays can quickly become expensive in terms of gifts, trips and dinners. If you have exceeded your budget and are in debt, immediately restore order in your finances before the situation becomes a source of stress.

Establish a budget

Creating a budget may seem complicated when you don't know where to start. However, some tools will make your task easier. The Financial Consumer Agency of Canada has just launched a new practical and innovative tool that

will help you establish a budget tailored to your needs.

Simple and easy to use, their budget calculator provides instant feedback and personalized suggestions that will help you develop a budget that suits you. You can update it anywhere and anytime to adjust your spending plans as they change.

Practice active saving

This means adopting the habit of saving on a regular basis. People who practice active saving have higher levels of financial resilience as well as higher levels of overall financial wellness. In other words, regardless of the amount of money someone makes, regular efforts to save for unexpected expenses and

other future priorities appear to be the key to feeling and being in control of personal finances.

Plan to pay off debt

This enables you to significantly reduce the interest you are paying. Start by making a list to identify all your debts. Don't omit any, even if some of them are small. Review your budget and identify all your sources of income and expenses. Then, choose a repayment strategy. Start with the debts with the highest interest rates, or those with the smallest balances. Eliminating the number of debts you have can increase your motivation to repay your debts more quickly.

Learn more at canada.ca/ money.

TOWN OF SPIRITWOOD PUBLIC NOTICE

Public notice is hereby given that the Council of the Town of Spiritwood intends to adopt bylaws under the *Planning and Development Act, 2007* to amend Bylaw 487/13, known as the Official Community Plan and Bylaw 486/13, known as the Zoning Bylaw.

INTENT

The proposed Official Community Plan amendment will:

- Re-designate from Existing Commercial to Existing Residential, Lots 1 & 2, Block 18, Plan BK4385, as shown within the bold dashed line on Sketch "A" below.

The proposed Zoning Bylaw amendment will:

- Rezone from C1 – Downtown Commercial District to R1 – Low Density Residential District as shown within the bold dashed line on Sketch "A" below.

SKETCH "A"



To be re-designated from existing commercial to existing residential and re-zoned from C1 – Downtown Commercial to R1 – Low Density Residential

REASON

The reason for the amendments is to:

- Facilitate residential development in the Town of Spiritwood.

PUBLIC INSPECTION

Any person may inspect the bylaw at the Town Office, located at 212 Main Street, between the hours of 8:00 AM and 4:30 PM on Monday to Thursday, and 8:00 AM to 4:00 PM on Friday, excluding statutory holidays. Copies of the bylaw are available at the Town Office at a cost of \$5.

PUBLIC HEARING

Council will hold a public hearing on Feb. 11th at 6:30 PM at the Town Office to hear any person or group that wants to comment on the proposed bylaw. Council will also consider written comments received at the hearing or delivered to the undersigned at the Town Office before the hearing.

Issued at the Town of Spiritwood this 10th day of January, 2020.

Rhonda Saam, Chief Administrative Officer

JANUARY CLEARANCE



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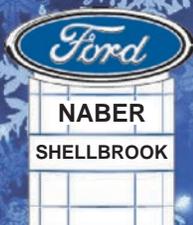
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Hosta of the Year (2020): 'Dancing Queen'

By Erl Svendsen

There are hundreds if not thousands of registered hosta cultivars. From 10-centimetre (4-inch) miniatures to 2-metre (6-foot) giants, hostas come in a range of leaf colours including green, yellow, blue and variegated (usually in a few shades of green with/without white or yellow) and with pink to lavender flowers and some with noticeable fragrance. They are great perennials for the

shade, but some cultivars have amazingly good sun tolerance. In my previous south-facing yard, 'Patriot', a green and white variegated medium-sized cultivar, excelled in full sun without bleaching or wilting. Hostas are long-lived, well-behaved (will not spread beyond their allotted space or self-seed to any extent) and are easy to propagate by division. Depending on size, they can be mass planted, used as a groundcover, placed

in the front or mid-section of a border, or featured as specimens in the garden or containers. One thing to note is that not all cultivars are equally hardy, at least in my experience.

With all this variety, how do you choose? Since 1996, the American Hosta Growers Association (<http://www.hostagrowers.org/>) has tried to make this easier by featuring a 'Hosta of the Year', a cultivar that is a dependable performer and with

guaranteed availability at a reasonable price in garden centres across North America.

This year's winner is 'Dancing Queen'. It is definitely a showstopper with its sunny golden foliage, it is sure to brighten any shady nook. The bright yellow leaves emerge in mid- to late spring and stay yellow throughout the summer unlike other yellow cultivars which mature to chartreuse as they age. The leaves have

distinct veins and a rippled edge (some describe it as a 'pie-crust' edge), adding an additional textural element to your garden.

The foliage forms a mound up to 45 centimetres (18 inches) high and 75 centimetres (30 inches) wide at maturity. The pale lavender, funnel-shaped flowers, appearing in mid- to late summer, overtop the leaves on 70-centimetre (28-inch) stems. Bees love them and they may attract the occasional hummingbird. They also make a perfect addition to bouquets. 'Dancing Queen' tolerates some sun, up to 4-6 hours, but unlike 'mad dogs and Englishmen' it should be placed in a location that avoids the mid-day sun. Given its moderate size, 'Dancing Queen' can be planted in the front to mid-border, used as edging, a ground cover or specimen. It can even be used as a feature plant in a larger patio container. While I haven't grown this particular cultivar (yet), it is rated for USDA hardiness zones 3-9 (Saskatoon is in zone 3A).

In general, the key to growing hostas is to ensure that the soil stays evenly moist but not wet – a thick layer of organic mulch will be much appreciated. They do best in rich, well-drained soils (e.g. clay to loam). Lighter, sandier soils should

be amended with lots of compost, well-rotted manure or peatmoss. Remove flowering stems close to the base after the flowers have faded. Also remove any damaged leaves to keep the plants looking tidy. Slugs can be a problem. To my shame and consternation, I have been battling little grey garden slugs for several years, but they seem to ignore my hostas until the very end of the season. For fall cleanup, remove the leaves once they've been killed by frost or, in spring before new growth appears. The best time to divide hostas is in the spring just as new growth starts (when the purple 'eyes' or growing tips have just emerged). Dig up the entire clump and cut the root mass in sizeable sections. Replant the sections immediately at the same soil level as before and water well until they're established. You can also pot up some sections to share with your gardening friends.

Erl gardens in Saskatoon and tweets about it on occasion @ErlSv.

This column is provided courtesy of the Saskatchewan Perennial Society (SPS; saskperennial@hotmail.com). Check our website (www.saskperennial.ca) or Facebook page (www.facebook.com/saskperennial) for a list of upcoming gardening events.



BILL 194 MAKES LOCAL GOVERNMENT LESS OPEN

Bill 194, the Miscellaneous Municipal Statutes Amendment Act, was recently given second reading in the Saskatchewan Legislative Assembly and could soon become law. It recommends amendments to several Acts relating to the publication of official notices by city, town and rural municipalities.

In short, Bill 194 removes the requirement for city, town and rural municipalities to provide 'public notice' of valuable information that affects our daily lives, in exchange for 'public access' to that information.

It gives local government the option to post information only on its own website rather than using independent media to inform citizens of its actions.

If this bill is passed, it will be up to you to have to go and find out yourself if any land is being rezoned, or if your municipality has hired people without advertising that a position was available, or if there is a notice of an upcoming election.

Local government has said that the sections in Bill 194 that affect mandatory publishing of public notices in newspapers will be at the discretion of the council or municipality as to whether they will do that.

Bill 194 must be amended to keep public notice in independent media and to protect openness and transparency of local government.

BE INFORMED. BE HEARD. BE PART OF THE PROCESS

Call, write or visit your MLA to let them know you deserve PUBLIC NOTICE not just public access.

Or contact the sponsoring minister Hon. Lori Carr, Ministry of Government Relations

Phone: (306) 787-6100 or Email: minister.gr@gov.sk.ca

Mailing address: Room 30, Legislative Building, 2405 Legislative Drive, Regina, SK, S4S 0B3

This message is brought to you by the Saskatchewan Weekly Newspapers Association



Dancing Queen. Photo credit: Bob Solberg, Green Hill Farm

Canada's hockey talent overflowing

Sports fans love debates. Who starts in goal? Who should be traded? Should the coach be fired? Who gets time on the power play?

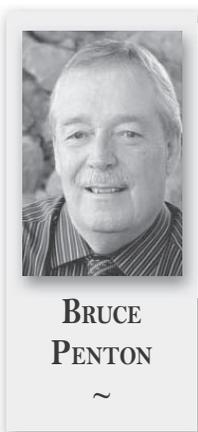
So with that in mind, let's pretend that some sort of international hockey championship — Winter Olympics, for example — is approaching and every country has to select a 22-player roster (12 forwards; seven on defence; three goalies). Canada has such a deep pool of talent that some tremendous players would be left at home.

Sorry, John Tavares, you simply aren't good enough to play for Canada. Our country is too deep at centre.

Our fictitious Canadian team starts in the middle, with the world's best player, Connor McDavid, leading the way. He's backed by fellow centremen Nathan MacKinnon, of reliable Sidney Crosby and Steven Stamkos, who edges Tavares for the final centre position. Other star centres left at home include the likes of Patrice Bergeron, Logan Couture, Matt Barzal, Ryan O'Reilly, Taylor Hall, Brayden Point and Tyler Seguin. Wow! Canada has enough centres to fill three rosters.

On left wing, the Canadian squad might be led by Brad Marchand, even though he'd be likely to incite an international incident. Others on the port side are Johathan Huberdeau, David Perron and Matthew Tkachuk. (Maybe the coaches can add Tavares to the roster and use him on left wing to shore up an otherwise weak collection of players.)

Mark Scheifele would lead the Canadian right-wingers,



BRUCE
PENTON

followed by Mark Stone, Mitchell Marner and Brendan Gallagher, whose grit would come in handy to help deal with the Marchand-sparked 'incident'. A spare part on the right side would be Travis Konecny.

Defence would be another are of strength for Canada, with Drew Doughty, Shea Weber, Alex Pietrangelo, Dougie Hamilton, Morgan Rielly, Brent Burns and super rookie Cale Makar manning the blue line. Just missing the cut are Kris Letang, Ryan Ellis, Thomas Chabot, Shea Theodore, Josh Morrissey and the reigning Norris Trophy winner, Mark Giordano.

While many of the best NHL goalies are internationals, Canada would still be strong in the net behind Carey Price, No. 1 for perhaps the final time in this fictitious event. Backing him up would be Jordan Bennington and Marc Andre Fleury, with Braden Holtby and Darcy Kuemper waiting in the wings.

How would Canada stack up against the world's best with this squad? Almost unbeatable, IMO. Next week, we'll select a U.S. team that, at

first glance, looks decent but has nowhere near the roster depth of Canada.

- RJ Currie of sportsdeke.com: "Police in China have used an unusual method to try to slow down speeders — cardboard cutouts of squad cars. They were inspired by the Cincinnati Bengals defence."

- Comedy writer Jim Barach: "The Angels will buy Angel Stadium and stay in Anaheim through 2050. The plan is to merge with Disney and turn the ballpark into the new theme park, Troutland."

- Washington Post reader Mark Cohen, quizzing columnist Norman Chad: "Are there any videos in the Patriots' 'Do Your Job' series that aren't about cheating?"

- Headline at Fark.com: "Rendon joins the Angels, but in the good way."

- PGA player Max Homa, on Twitter: "Tiger somehow got people to believe we're real athletes. Let's not ruin all his hard work."

- Homa again, who has qualified for his first Masters: "I don't think I'd be nervous on the first tee at my first Masters. It's always been a dream of mine to play that tournament. I'd jump right past nervous and skip straight to violently ill, unfit to be in public."

- Patti Dawn Swansson, the River City Renegade, on the information blackout over the departure of Dallas Stars' coach Jim Montgomery in December: "The Stars have only told us that Monty was dismissed for 'unprofessional conduct,' a blanket statement that could cover everything from aiding and abetting Lee Harvey Oswald to piddling

on the Grassy Knoll while intoxicated." (Montgomery later went public with an alcoholism admission.)

- Greg Cote of the Miami Herald, on Twitter: "Halftime security alert from the Capital One Orange Bowl: When leaving tonight's game and headed to your car, if you hear someone say, 'What's in your wallet?' — chances are you are

being robbed."

- Comedy writer Alex Kasberg, on the Seahawks failing to deliver a last-minute TD from the one-yard-line in a big game once again: "We may have to call Pete Carroll Repeat Carroll."

- Jack Finarelli at SportsCurmudgeon.com, on Jimmy Haslam about to hire his seventh head coach

and sixth GM since purchasing the Browns in October 2012: "If Haslam planted a vegetable garden, I would not be surprised to learn that his harvest was meagre because every other day he would pull the plants out of the ground to see how the roots were developing."

Care to comment? Email brucepenton2003@yahoo.ca

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Saskatchewan Winter Parks Offer Fun Winter Experiences!

This winter, many Saskatchewan Provincial Parks will be hosting events to help Saskatchewanians embrace the winter season. Enjoy outdoor activities like tobogganing, snowshoeing and ice-fishing along with a variety of others including several Winter Fun Day events that can be found at www.saskparks.com by clicking on Activities.



Hon. Scott Moe, Premier
MLA for Rosthern-Shellbrook
scottmoe.mla@sasktel.net



Hon. Jeremy Harrison
MLA for Meadow Lake
jharrisonmla@sasktel.net

OBITUARY

Eugenie "Jean" Marie (Marchildon) Heisler



Eugenie "Jean" Marie (Marchildon) Heisler
July 19, 1934 - January 5, 2020

Mom (Jean - Eugénie Marie Marchildon) was born in the farmhouse on section 2 (currently Norman Lavoie's farm) to Rudolph and Velma Marchildon of Laventure, Saskatchewan on July 19, 1934, the fifth of nine children. Mom attended school at Regent School in Laventure until grade 8, then made the trek to Prince Albert to attend the convent, which only lasted a few weeks before her homesickness brought her back to her family. Growing up at Laventure, Mom would often run across the road to the Lavoie family, where she would sit and rock the babies, as one came nearly every year! And she always told us that Louis Lavoie was her first boyfriend. Growing up in a French speaking community, all the time she spent with the Lavoie family, and Grandpa coming from Trois-Rivières, Mom spoke French until she started school. Throughout her life she held on to a bit of the language and later, when Alzheimer's set in, she seemed to remember French when it was spoken or sung to her. At the age of 15, Mom met the man she would spend the remainder of her life loving, Alf Heisler. After three years of dating, Dad and Mom were married in October of 1952 in Laventure Church. "Upon returning from our honeymoon (which was a three-day trip to Saskatoon and Allan, to visit relatives of all things) we made our home in Ernie Ullen's cabin. Bill and Annette Heisler had polished it all up and put up the cutest curtains, cut out of toilet tissue. There were only two small windows in the cabin and those curtains hung there for quite some time... No matter

how humble it was, it was our first home." Their early years were spent working together on the farm south of Amiens, the Heisler homestead north of Mildred and the Marchildon homestead at Laventure. Each place they moved for work, Mom lovingly made a home for them. In November of 1953, while Dad was working at Burns in Midnapore, Alberta, their oldest daughter, Laurie, was born. In August of 1955, while farming back at Laventure for Mom's parents, Connie was born. Dad and Mom and the girls moved around a lot in those early years. Mom and the girls would follow Dad where the work took him; Mildred, Laventure, Estevan to work on Boundary Dam, and the logging camps north of Glaslyn and northern British Columbia. Mom would often be hired on as cook with two little girls in tow. Out in Fort St. James, BC, "Dad working on the landing and myself cooking for supposedly 15 men, I thought that would be a snap as we were fourteen at the table at home many times. When we got out there (what a long way from home), they informed me that I would be cooking for a mill crew as well as a logging crew. 35 men in all! Wow! If it had not been so far from home, I think I would have hightailed it back!" The spring of 1960 found them back home in Saskatchewan, having purchased three quarters of land five miles east of Mildred near Amiens. Their dream of farming had begun! In 1964, they built their home along Highway #3. "The first morning that we were in our new home, there came a knock on the door, before we were up and about. We turned over in bed and saw one of our neighbours trying not to look in on us. That helped decide to quickly put up some temporary walls. We opened some large cardboard boxes and tacked them around the bedrooms and the bathroom. That's how the Mildred folks found us the next evening when they had a surprise housewarming for us. I still have the "Kitchen Prayer" plaque they gave us in my kitchen." In May of 1971, Mom and Dad added to their family with the surprising birth of their third daughter, Kristy. As well as working on

the farm, Mom was very busy as a homemaker and gardener. She was an active member of the Mildred Community, helping with activities like the Fall Supper and Father's Day Picnic. Her faith was strong and Sunday mornings would find her worshipping or volunteering her time at Church. In the winter, she loved to curl and had many laughs with friends and family at the local bonspiels. Mom's yard and garden were her showcase. For Mom, gardening was a labour of love. She took pride in the beautiful landscape she created and won many awards through the Spiritwood Horticultural Society. Mom always had a craft on the go, be it knitting, crocheting or sewing. Her "Stitch and Bitch" crew met once a week for many years, and that group of women were close friends. They shared many projects, laughs and tears together! Mom's home was always a warm and welcoming place to be, and she and Dad enjoyed entertaining friends and family and visiting with neighbours. Mom spent many afternoons in her kitchen cutting a neighbour's hair or giving a perm, with payment sometimes being a quart of cream. Mom and Dad put many miles on their motorhome, travelling through every province and territory in Canada, and many of the Northern States and Alaska. Mom loved to dance! Mom and Dad took old-time dance lessons and would kick up their heels every opportunity they got! Most winter mornings saw Mom and Dad sitting at the kitchen table with a deck of cards between them, and summer evenings were spent out on the fishing boat. They continued farming for forty years, until they sold the farm in 2000 and moved to Spiritwood. Mom was a loving wife, caring mother and doting Grandmother. She loved us all fiercely. In her later years, as her Alzheimer's progressed, she was unable to always care for herself. Learning from her lifelong example of caring and love, Dad stepped in and what she was unable to do, he did for her. In March of 2013 Mom moved into the Alzheimer's Wing of the Spiritwood Health Complex. Mom and Dad loved, lived and

worked together for over 62 years, side by side, partners in every way. Mom's legacy is her friendships, faith and family. Like my Mom and my Grandma before me, I too share a love of gardening and God. I shared this poem with Grandma Marchildon's readers of "Resident's Corner", after she passed away in June of 1996. It is also a fitting tribute to Mom.

Count your garden by the flowers, never by the leaves that fall.

Count your days by golden hours, don't remember clouds at all.

Count your nights by stars, not shadows;

Count your years with smiles, not tears.

Count your blessings, not your troubles,

Count your age by friends, not years.

And when I look around this Church today, I can see that our Mom was truly blessed. by daughter Kristy with quotes from Mom

Jean is loved and remembered by: her three daughters and their families: Laurie (Roy) Mayo of Spiritwood, SK and their children: Karen (Wade) Fiala of Blaine Lake, SK and their girls: Abby, Emily and Lauren; Lynne (Dean) Lefebvre of Prince Albert, SK and their boys: Ty and Matt; Jillian Mayo of Spiritwood, SK; Mitchell (Kayli) Mayo of La Ronge, SK and their children: Ben, Jake and Shae; Connie Heisler of Spiritwood, SK and her daughter: Sara Yuzak of Lloydminster, AB and her daughter, Presley; Kristy (Tim) Martin of Parkside, SK and their children: Danny, Katie, Jase and Sydney Rose; her brothers: Ray (Elaine) Marchildon of Calgary, AB, Ralph (Anne) Marchildon of Yellowknife, NWT, her sister-in-law, Sister Juliana Heisler of Saskatoon, SK, numerous nieces, nephews, other relatives and countless

friends. Jean is predeceased by: her loving husband of 62 years, Alf (d. July 21, 2015), her grandson, Jeff Yuzak, her parents, Rudolph and Velma Marchildon, her parents-in-law, John and Julia Heisler, her siblings, Marjorie, Arthur, George, Herman, Donald, and Elsie, numerous siblings-in-law, nieces, and nephews.

Funeral Mass was held Friday, January 10, 2020 at Sacred Heart Roman Catholic Church, Spiritwood, SK. Interment took place in the Mildred South Cemetery. In Jean's memory, donations may be made to the Spiritwood and District Health Complex Auxiliary - Third Wing (Alzheimer) of Spiritwood, SK or the Spiritwood Horticultural Society c/o Box 425 Spiritwood, SK. Those wishing to send online condolences are invited to visit www.beaulacfuneralhome.com Funeral arrangements have been entrusted to Lori Saam of Beau "Lac" Funeral Home, Spiritwood, Sask. (306) 883-3500

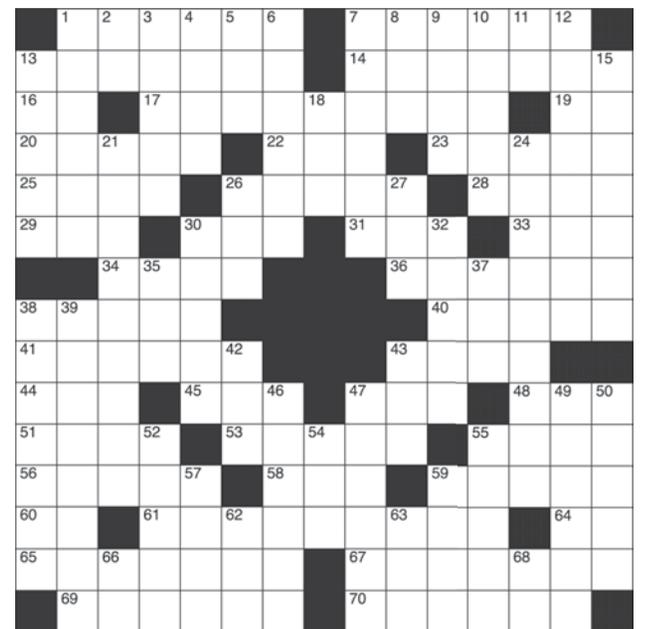
CROSSWORD

CLUES ACROSS

- 1. Recurring TV show
- 7. Throws out
- 13. Iberian Peninsula microstate
- 14. Gossip
- 16. Atomic #20
- 17. Ivy League institution
- 19. Of I
- 20. "He Is ___!": Scripture excerpt
- 22. Musical genre
- 23. Heavy cavalry sword
- 25. Ancient Olympic Site
- 26. Satisfies
- 28. Popular flower
- 29. Shared services center
- 30. Drain
- 31. A way to attack
- 33. Urban Transit Authority
- 34. Spiritual leader
- 36. Postponed
- 38. N. American plant with edible purple-black berries
- 40. Gazes unpleasantly
- 41. Gets up
- 43. Capital of Ukraine
- 44. Returned material authorization (abbr.)
- 45. Golf score
- 47. Superhigh frequency
- 48. Swiss river

CLUES DOWN

- 1. Mollusks
- 2. ____, denotes past
- 3. Anchor ropes
- 4. Large Middle Eastern country
- 5. To make a mistake
- 6. Ancient governor
- 7. Extents
- 8. Chinese surname
- 9. NYC subway "residents"
- 10. Essential oil used as perfume
- 11. A way to treat injuries (abbr.)
- 12. Session
- 13. Units of land areas
- 15. Goes over once more



- 51. Felons
- 53. Succulent plants
- 55. Soluble ribonucleic acid
- 56. Deliberately setting fire to
- 58. Infamous singer Zadora
- 59. Anwar ____, Egyptian statesman
- 60. Influential sports mag
- 61. Aromatic Mediterranean plant
- 64. Sixth note of a major scale
- 65. Unit of explosive power
- 67. Large watertight chamber
- 69. Popular street
- 70. A way of watering
- 18. Where wrestlers work
- 21. Italian islanders
- 24. Avenue
- 26. __ Adams, U.S. President
- 27. Rest with legs bent
- 30. Type of flour
- 32. The Golden State (abbr.)
- 35. More (Spanish)
- 37. Stinging, winged insect
- 38. The use of irony to mock
- 39. Arsenal
- 42. Pouch
- 43. 22nd letter of the Greek alphabet
- 46. Violent seizure of property
- 47. Restrict
- 49. Something comparable to another
- 50. Punishment device made from stems
- 52. Soul and calypso songs
- 54. Formerly OSS
- 55. Athabaskan language
- 57. __ bene: observe carefully
- 59. Six (Spanish)
- 62. Read-only memory
- 63. Chinese philosophical principle
- 66. American conglomerate
- 68. Tin

Answers on page 14

Demystifying dyslexia

(NC) As children settle into a new school year, they are making friends, adapting to new teachers and facing new challenges. Some may struggle more than others, but how can

you tell if a learning disability is impacting your child's ability to succeed?

One of the more prominent is dyslexia. Approximately 15 per cent of Canadians struggle with it,

yet according to a recent study less than a third of us would be able to recognize the signs.

While dyslexia cannot be cured, with early identification and proper

instruction, it can be managed. This is why it's important to understand how to recognize dyslexia.

Here's what you need to know:

What is it? Dyslexia is a learning disorder that makes it difficult to identify speech sounds and recognize letters, words and numbers. It affects the way the brain interprets these when putting them together and can often jumble everything up, creating a confusing experience. Dyslexia affects ev-

eryone equally, regardless of gender, socio-economic or ethnic background.

What you can do. If you suspect that your child may have dyslexia, don't wait – act. There are many online screeners that can help identify it. If you think your child has the condition, speak to your school to access additional resources, or contact a tutor who specializes in structured literacy. Find dyslexia support groups to learn more. How to succeed. "Just

because someone is diagnosed with a learning disability doesn't mean that they cannot be successful. They just learn in a different way," explains Christine Staley, executive director of Dyslexia Canada. "Early identification and proper reading instruction are key to managing dyslexia and creating a successful future."

For more information on the test and resources that exist in Canada, please visit dyslexiacanada.org.

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Crossword answers

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V	L	R	E	D	N	A	I	R	O	C	I	S	
T	V	D	A	S	V	I	P	N	O	S	R	A	
V	N	R	S	I	T	C	A	C	S	N	O	C	
H	V	A	F	H	S	F	V	P	A	V	R	H	
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V	T	U	C	I	S	P	A	V	S	C	S	S	
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H	A	B	E	R	A	P	R	A	N	S	E	R	
M	E	H	T	O	M	T	A	D	A	C	A	C	
R	E	A	T	H	C	A	V	A	O	R	A	N	V
S	C	R	A	P	S	E	S	R	I	E	S		

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Sunday Service 11:00 am
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Wednesday Prayer
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Pastor Ruth Phillips

CATHOLIC

SUNDAY
Spiritwood - 11:15 a.m.
Leoville - 9:30 a.m.
Chitek Lake - Closed for
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SATURDAY
Medstead - 6 p.m.
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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.

SPIRITWOOD: Witchekan Wildlife Federation Inc. Annual Banquet & Awards Night. Saturday, January 25, 2020, Spiritwood Civic Center. Cocktails - 5 pm; Supper - 6 pm (Catering by Marion); Dance - 9 pm (Music by Misdeal). Adults \$25; 10 & Under \$12.50; Preschool Free. For tickets call: Lyla 306-883-9284; Pearl & Eric 306-883-2835; Jim 306-984-4514. Photo Contest - Categories include: Scenery, Hunting, Fishing & Wildlife. Pictures must be printed on 8x10 Kodak paper & can be submitted the day of banquet.

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Moe talks seniors' issues in Shellbrook

You learn to do without. That's how Shellbrook senior Edith Henry explained the options many seniors in the province are left with each month, as they are forced to decide between purchasing groceries or necessary, but sometimes costly, prescription medications. The comment came near the tail end of an informal discussion about the challenges facing Saskatchewan seniors. That discussion saw Premier Scott Moe spend nearly two hours with mem-

bers of the Shellbrook Senior's Association, listening and empathizing with the struggles they're facing.

But, for some seniors, having to choose between prescriptions and groceries is just the tip of the iceberg.

As Henry explained, some are stuck between "a rock and a hard place," unable to handle the responsibilities of owning a home, but unable to afford (or find) a rental or assisted living.

"With fixed income, there's no way we could possibly go

into an assisted living place, because even a poor assisted living place is over \$2,000 [per month]," she told Moe.

"If you want a place that offers the standard of life you're used to, they're up to \$4,000. There's no way we can do that on an income of \$1,600 a month."

Commiserating that Levels 3 and 4 nursing homes can cost upwards of \$6,000 per month — all of that paid for by provincial healthcare funding — Moe said that the government has tried to

make things easier for seniors by investing in home care initiatives that allow seniors to stay in their homes longer.

"The longer that someone isn't at that cost level is actually good for the system from an economics perspective, but it's also good for us, as people, to be at home and near our families," he said.

"Home care has been effective where it's available. The best place for people to be is in their home for as long as they can be," he con-

tinued, adding, as he would at many times during the meeting, that there's always more discussions to be had on home care and individualized funding models.

With cost of living being a dominant theme throughout the afternoon, Moe conceded that there are times when government can inadvertently get in the way of supports for seniors.

He added that different levels of government (or even different ministries within government) don't always do the best job of communicating, and that this is something his government, and its new Ministry of Seniors headed by Minister Warren Kaeding, intends to work on.

"We're starting to bring those under one portfolio, one minister, and one ministry, so that you are really aligning the resources and the conversations," he said.

"It's not always an increase of funding. Sometimes it's recognizing a simple situation where one arm of funding will go up \$50 or \$100, and it will automatically cancel out \$200 of funding that's happening over here. Those are the things that are the unintended consequences."

On the issue of the rising costs of housing and utilities, Moe said that his government has had many conversations on how these rising costs impact seniors who are on fixed incomes.

For those who still own their homes, he did have one suggestion, the Seniors Education Property Tax Deferral Program, which allows seniors to forego some of their municipal property tax and pay it whenever they sell their homes.

When it came to healthcare and prescriptions, including false teeth and oral healthcare, Moe focused much of his attention on the federal government's pending exploration of nationwide universal pharmacare, and expressed cautious support for it.

"I have no doubt that the federal government is going to move on pharmacare, and we'll be supportive of that as long as we're able to work through the questions we have, just to be fiscally prudent — which I think we will," he said, touting the province's own pharmacare program

"We have a very strong, vibrant program here in the province. I suspect it will get stronger, with respect to coverage, as the federal government moves towards universal pharmacare."

With many seniors facing challenges when it comes to mobility and travel, Moe also heard many questions and comments about the shuttering of the Saskatchewan Transportation Company (STC) in 2017.

Calling it one of the most challenging decisions the government has had to make, Moe said it was also a necessary decision to make in order to get the budget back to balance.

While some limited private services have popped up in place of the STC, mostly operating in urban centres, Moe admitted that this was something his government yet to figure out.

"The conversation around access to medical professionals and getting there is one that continues in government. It's expensive. We haven't come to an answer on how we address that."



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Saskatchewan Premier Scott Moe was in the hot seat, when he met with members of the Shellbrook Seniors' Association to discuss the challenges facing the province's elderly population.