



Regional KidsFirst present book explosion tour



The first part of the morning was in group activities.

A group from Regional KidsFirst Prince Albert presented the Book Explosion Tour at the Spiritwood Library on Wednesday, May 22. The goal of the program was to help families realize the importance of reading with their children at any age and ability, and how to extend a book beyond its pages.

The children and their parents and caregivers took part in a number of group activities and then broke off into smaller groups, accessing various activity stations around the library.

KidsFirst is a program of the Saskatchewan Department of Education aiming to improve literacy, and especially to help

families find ways to encourage reading among their children.

"Children learn to read, and then they read to learn."

The same group was to have presented another literacy program in the afternoon, called "Pop Up Playground", where parents and caregivers would be coached on how to allow their children to take the lead in play and how to encourage interaction and language skills.

However, the afternoon program was cancelled due to the water shutoff for the afternoon.

More photos on page 2



"Children learn to read, and then they read to learn."

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Regional KidsFirst presents book explosion tour



Everyone had fun carrying out the activities suggested "by the big blue ball".



Playing "I Spy", using whatever floor space they could find.

Lions conduct campground work bee

A group of Lions held a work bee at the Campground Wednesday evening, replenishing the supply of wood.

The annual wood re-stocking is made necessary in no small part due to the pilfering of wood over the winter months. However, it is now ready for campers to use over the summer months.

In addition, topsoil has been hauled in and levelled on some of the low

spots, and that, coupled with improvements to the drainage from the area, should make a couple of more sites available for regular use.

Following the work bee, the Lions fired up one of the firepits and held a wiener roast.

Included in that was the singing of Happy Birthday to the club's oldest lion, Lion Joe Horn, who was celebrating his birthday.



Lion Joe Horn celebrated his birthday at the Lions wiener roast following the work bee Wednesday night.



The Lions re-stocked the wood box at the campground and followed it up with a wiener roast.

NOTICE OF PUBLIC HEARING

Public Notice is hereby given that the Council of the Rural Municipality of Spiritwood No. 496 intends to alter the proposed Zoning Bylaw, referred to as Bylaw. No. 4-2015

INTENT

1. SECTION 8.5 - LOW DENSITY COUNTRY RESIDENTIAL DISTRICT
 - Amend the minimum building floor size.
2. SECTION 11.4 - LAKESHORE DEVELOPMENT DISTRICT
 - Amend the minimum building floor size.
3. SECTION 3.4 - "DEVELOPMENT NOT REQUIRING A PERMIT"
 - Add grain bins, unlicensed sea or rail containers and three sided livestock shelters to the Agriculture District.
4. SECTION 3.11 - DEVELOPMENT PERMIT APPLICATION FEES
 - Amend the development permit application fee for accessory buildings.
5. SECTION 4.24 - VEHICLE STORAGE
 - Reduce the number of vehicles not in running order that can be stored in the Low Density Country Residential District & the Agriculture Resource District.
6. DELETE SECTION 4.25 - TRAILERS, BOX CARS SEA AND RAIL CONTAINERS
7. Prohibit the use and placement of unlicensed rail or sea containers, truck, bus or body coach for the purpose of private warehousing & advertising from the Country Residential, Hamlet & Lakeshore Development Districts.
8. SECTION 5.6 - "CAMPGROUNDS"
 - Amend the discretionary use criteria for campgrounds.
9. SECTION 7.1 - PERMITTED USES
 - Remove Aggregate Resource Extraction, Storage and Processing as a permitted use.
10. SECTION 7.2 - "DISCRETIONARY USES"
 - Add Aggregate Resource Extraction, Storage and Processing as a discretionary use.

AFFECTED LANDS

All lands within the corporate limits of the Rural Municipality of Spiritwood No. 496 are hereby affected by the alterations. Please check the full version of the updated documents available for viewing at the RM Office.

REASON FOR ZONING BYLAW ALTERATIONS

The reason for the Zoning Bylaw alterations are to:

- Clarify regulations throughout the Zoning Bylaw to improve interpretation and implementation.

PUBLIC INSPECTION

Any person may inspect the bylaw at the RM of Spiritwood No. 496 office between 9:00 a.m. and 4:30 p.m. excluding statutory holidays. Copies are available at a cost.

PUBLIC HEARING

Council will hold a public hearing on **Tuesday, July 9th, 2019 at 1:15 pm** in the RM office located at 218 Main Street in the Town of Spiritwood to hear any person or group that wants to comment on the proposed bylaw amendment. Council will also consider written comments received by the undersigned by **Friday, June 28th, 2019.**

Issued this 30th, day of May 2019
 Colette Bussiere, Administrator
 RM of Spiritwood No. 496

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 - Orlin & Joyce Reimer

Advertising
Deadline is
Friday
5:00 p.m.

Town of Spiritwood changes water valves

The entire community of Spiritwood was without water Wednesday afternoon as the two main water valves were changed. The two valves are the ones that distribute water from the Water Treatment plant to both sides of town.

Some time ago, one of the valves was determined to be leaking, and since they were both the same age and both installed at the same time, it only made sense to replace them both.

The work was carried

out by Triple M Daylighting of Debden.

Few were seriously inconvenienced by the shut-off, since word got out very quickly the previous day via the Town's text messaging service. Residents who have yet to sign up for the service can contact the Town Office and get on the list.

The water was off for approximately six hours. Service was restored at about 7 p.m.

A boil water advisory will be in effect until notified by the Town Office.



Step number one in changing water valves: locate the valves.

Electronic sign lights up at Tourist Booth



An electronic sign installed by Economic Development will keep people informed of community events.

Residents and passer-by will be able to get information on community events with the installation of an electronic sign at the Tourist Information Booth.

The weather will be one thing, but local events can be publicized as well.

"Now nobody can say they didn't know about it," said Bevra Fee, Managing Director of the Economic Development Committee.

"Fun"ding It had originally purchased the sign, intending to have it installed at the Rec Centre, but that hadn't happened.

A new frame was built to accommodate the sign, keeping the same style as the 'Welcome Sign' and the electricity was trenched from the Tourist Booth.

The sign can be programmed using special software on a laptop computer.

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Sask. Health Authority volunteer opportunities

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

Parent-Tot/Family Volunteering Program – Evergreen Health Centre (Leoville) (306) 984-2136

Parents and their children visit residents on a one-to-one basis or in small groups. Parents are responsible for their children at all times.

Shifts: Flexible, once or twice per week.

Pet Therapy – Hafford Special Care Centre (306) 549-2108

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

Shifts: Once or twice per week: Flexible hours.

"On Call" Volunteers – Spiritwood and District Health Complex (306) 883-4432

Extra volunteers are often needed for the long term care residents on an "on-call" basis, to assist with outings, parties, social gatherings, shopping trips, taking residents to appointments, etc.

Shifts: As needed

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

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\$139,000

202 - 2nd Ave., Medstead 4BD, 2BA home on a double lot in Medstead, many upgrades, detached and attached garage, garden area, partially fenced. MLS#SK745978



\$242,000

108 Memorial Dr., Spiritwood 4BD, 3BA family home, attached garage, fenced, deck, central A/C, new furnace, new air exchanger, new hot water tank. MLS#SK748391



\$144,900

#121 Chamakese Resort, Chitek Lake Built in 2012, 2BD, 1BA year round home, leased lot, well treed, storage shed, nat. gas heat, c/w all appliances. MLS#SK752924

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“Class of 2019”

We have just returned from a weekend in Grande Prairie, AB, attending the graduation of our eldest granddaughter, a young lady you've met in this space before as “Bounce”.

We chronicled our experiences at this time last year following the graduation of our grandson, Bump, and we have just undergone a similar experience. However, for as similar as Grande Prairie graduations are, there are a number of differences. Let's just say that the traditions carry on despite attempts to put a singular stamp on the event.

Graduations from Charles Spencer High School are typically held at Revolution Place, home to the Grande Prairie Storm when they have ice; however, hockey doesn't pull in as many people as a Charles Spencer grad.

Bump's class was huge, 211. Bounce's group eclipsed that by a long shot. Some 279 young men and women filed into the arena to the strains of “Pomp and Circumstance” and were directed to their seats by a pair of teachers. We discovered that “Pomp and Circumstance” is actually quite short, but it can be looped seamlessly to run forever, or at least for as long as you want it to. For 279 people filing in, it needed to be long.

One by one they filled the nine rows of chairs in front of the stage, and facing the stage, fifteen to a side, with the Y's and Z's in Row 10.

At precisely 10:00 am, the Principal welcomed everyone, laid out a few rules – no air horns, turn off cell phones, the usual stuff – and turned the microphone over to two young ladies who had co-chaired the Graduation Committee. Following their short speech, they called on two teachers who spoke for a few minutes. Then there was a video of school shots.

And then the diplomas were presented. The first diploma was presented at 10:42. Bounce received hers at 11:43 and the last one, to Kyle Zwerzinski, at 12:17. Ninety-five minutes, almost three grads a minute. Just enough time for each to be introduced, have a small blurb read about them, receive the diploma, and have a photo taken.

The Grand March was held at the same place later that same day, with the grads coming out from behind the curtain on stage, with their escorts, introduced and sent down the ramp. And Kyle Zwerzinski, last to get a diploma, was the first to be introduced with his escort (also a grad, whose name started with “A”).

It's at this point that we see all these young men and women in their finery, with the women in dresses and gowns of every style and colour. Ball gowns, mermaid dresses, mini dresses, strapless evening gowns, gownless evening straps.

And the young men all in suits. There's nothing much to say about suits. They don't change much from year to year.

All that was Friday, and it was over for us by 7:00 or so. The grads and their escorts all went to the other room at Revolution Place for their private prom.

Saturday was the fun part, with family and friends and food and drink in the garage and driveway of Speed and Nascar. That's two down and one to go, three more if we count the Fernie family.



Proud grandparents with granddaughter Delany Norrish, aka “Bounce”



GoT anger highlights dangers of fame

After nine years, eight seasons, and 73 episodes, our watch has finally ended.

HBO's medieval melodrama, *Game of Thrones*, has reached its highly controversial blood, fire, and sex-fuelled conclusion, and, though we arguably live in a golden age of television, it's doubtful that we will ever see its like again (even if, in this era of beating every possible dead dragon, there are currently no fewer than five spinoff series in the works).

Among the most interesting things about *Game of Thrones*, or rather the George R. R. Martin book series it's premised upon, is the fact that it came from so far out of left field.

The first book in Martin's *A Song of Ice and Fire* series, aptly titled *A Game of Thrones*, was first published in 1996, and received little fanfare outside of the realm of avid fantasy readers - indeed, even this frequent consumer of science fiction and fantasy hadn't heard of the books until the show was announced.

And yet, when it debuted on TV screens in 2011, it captivated millions of people worldwide with its Machiavellian intrigue, shocking twists, and unparalleled spectacle. More surprisingly, it propelled epic fantasy into the adult mainstream in a way that eclipsed even Peter Jackson's ambitious film adaptations of J. R. R. Tolkien's *Lord of the Rings* books, making it “cool” to talk about dragons and knights, and kings and queens, around the water cooler every Monday morning.

One would expect that achieving such a level of fame and success with a television series would unquestionably be a good thing. It is, after all, a dream that many envision for themselves, but that few actually make into reality.

But now that we're nearly two weeks removed from the end of the show, and all that anyone can talk about is what a letdown the final six-episode season was (and it was, in so many ways, a remarkable disappointment), *Game of Thrones* feels more like the cautionary tale of Icarus, the boy who flew too close to the sun.

The furious fan response to the show's eighth season is a demonstration of what can happen when something grows beyond its creators' wildest imaginings to capture the zeitgeist of an era, an example of just how quickly one can go from being revered as a creative luminary to being reviled as a talentless hack.



JORDAN TWISS
~
Columnist

Above all else, though, the fan outrage that has continued to boil over since the credits rolled on the series finale shows just how toxic and entitled fans of pop culture behemoths like *Game of Thrones* have become. (Really, isn't it more than a little absurd that a petition to have season eight of the show remade has reached more than 1.5 million signatures? Don't we have more important things to worry about, like poverty in our own communities, or anything else really?)

Granted, anyone who shelled out the cash, or who spent the time watching the show over the past nine years, has a right to be disappointed with its conclusion for whatever reason they choose to be disappointed.

Art, in all its forms, will always be subject to critiques, and season eight of *Game of Thrones* is no different – and, from a storytelling and character development standpoint, there is much about it that can be fairly critiqued.

As true as that is, the over-the-top – if not partially justified – reaction to *Game of Thrones*, is enough to make one wonder why any creative person would ever want to share his or her creations with such a massive audience, when it comes with the risk of being subjected to the same treatment.

With some rare exceptions, every painting ever painted, every song ever sung, and every story ever told is a manifestation of its creator's heart and soul. Seeing what's being said about *Game of Thrones* show runners David Benioff and D.B. Weiss, who in his or her right mind would want to expose such a precious and vulnerable piece of him or herself to such vitriol?

Then again, perhaps it's true that being an artist, in the truest sense of the word, is to not be of entirely sound mind. More than a little madness, though, being a true artist requires one to possess a special kind of courage, not altogether unlike the bravery possessed by the fictional knights who valiantly face down fictional dragons.

If anything can be taken away from the aftermath of the outrage over *Game of Thrones'* ending, it's that we could all stand to be a little kinder, lest we shatter the courage of the artists around us.

For what would our world be without those who delight, move, and, yes, even enrage us with stories and songs and paintings?

Lack of pipelines costing taxpayers billions, CTF says

The Canadian Taxpayers Federation is launching a cross-country tour to show how much money taxpayers are losing because Canadian oil is sold for less than its full value due to a lack of pipeline capacity. The tour includes a large digital clock displaying losses increasing in real time. The CTF's analysis shows the federal government lost \$6.2 billion between 2013 and 2018 and that number is rising by \$3.6 million per day.

"Canadian taxpayers are losing out on billions of dollars because we can't get pipelines built and we aren't receiving full value for our oil," said Franco Terrazzano, Alberta Director for the CTF.

"That means Canadians have less money for everything from hospitals to teachers and taxpayers are stuck with a higher tax bill."

Canada isn't getting full value for oil due to a lack of pipeline capacity to reach foreign cus-

tomers. Based on data released by the Parliamentary Budget Officer, the CTF calculated how much additional revenue the federal government would receive if Canadian oil sales received full value compared to the American price.

The lack of pipelines cost the federal govern-

\$6.2 billion between 2013 and 2018; and,

Another \$3.6 million per day (based on projected losses of \$6.6 billion between 2019 and

2023).

These figures only account for direct losses to the federal government and don't include the cost of lost job opportunities, reduced household incomes, foregone revenue to energy companies and other costs to the Canadian economy.

Here are a few examples of the potential benefits for taxpayers if increased pipeline capacity captured full value for Canadian oil from 2013 to 2023:

A new hospital could

be built in every province and territory (based on the cost of the new hospital in Yellowknife and another in Grand Prairie);

Nearly 25,000 new teaching positions could be fully funded for ten years;

All three Maritime provinces could be exempted from all federal taxes for a year.

"The Trudeau government is running up big deficits because it simply can't pay for all its promises," said Aaron

Wudrick, CTF's Federal Director. "You would think they would be aggressively supporting these projects, rather than drafting legislation that actually makes it harder for pipelines to get built."

The Canadian Taxpayers Federation's tour will visit every province to show how much money taxpayers are losing because governments haven't encouraged pipeline construction. You can find the analysis here.

YOUR TWO CENTS

Alcoholism a serious problem in Sask.

Dear editor,

I found the front page of the May 9 issue [of the Spiritwood Herald] with the pictures of six nurses displaying bottles of liquor rather disturbing, and quite inappropriate.

Surely we all know that alcoholism is a big problem in our province. We look up to nurses as health care providers to promote wellness and healing. Alcohol consumption quite often does exactly the opposite.

To be totally safe, as an Alcoholics Anonymous member will tell you, is not to consume alcohol at all.

Connie Martens,
Rabbit Lake, Sask.

Finally! Ottawa may now be listening?

Dear Editor,

Our ongoing reports on the issues surrounding the new Regina Bypass have now made it to the agenda

in Parliament.

Enough legitimate questions have been raised regarding the unusual processes and transactions which took place prior to and during construction of this yet to be completed project, that it would appear to have gotten the attention of our Federal legislators. The House of Commons now is on record as agreeing to look into this matter further.

We can only hope that this is not merely lip service but can be taken at face value and the federal minister responsible will undertake a thorough investigation into the details surrounding this project from concept to implementation.

The following is a copy of the minutes of routine proceedings in the House of Commons from May 3, 2019. A significant part of those funds came from Ottawa and should be subject to the same standards of scrutiny expected whenever public funding for major projects is being considered.

When it comes to the use of taxpayers' money, the interests of the entire country are at stake.

The present provincial political administration has shown no appetite for transparency and appears to have been dodging our questions from the beginning.

That being said, we're less concerned with the political agenda being served than we are with the exposure of the facts in this case. We can only hope that the involvement of our Federal counterparts will be the necessary missing ingredient to fulfill

our quest for the truth.

The timing of this conversation is also interesting coming in the midst of similar questions being asked about relationships between the Federal Government and other private sector interests. The SNC-Lavalin issue continues to haunt the federal Liberals as many lingering questions remain unanswered on that subject as well. It would appear to us that a strong wind of change needs to blow through the halls of government on all levels when it comes to accountability.

Nestor Mryglod
HighwayRobbery.org Team
Regina, Sk

Giselle, Registered Massage Therapist with 20 years experience here in Spiritwood, is offering a **'Summer Special'** from **June 10 – Sept. 13**.

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Member of



Senior Centre busy in may

May 1 was a 55 Alive refresher driving course for seniors. We had 16 people attend. It was well presented and everyone there picked up on some driving skills.

May 10 was our Strawberry Tea & Bake Sale. It was well attended and most business places had strawberry shortcake with their coffee that day. We appreciate your support.

On May 17 we had a Pot Luck supper and invited

some of the newer seniors that have moved into Spiritwood. The food & fellowship was great with some of the guests staying for Cribbage that evening.

Now for the winners in Kaiser and Cribbage since our last report.

Cribbage April 26: 1st Doug Solinger, 2nd Donna Storozuk, 3rd Barb Olson. 1st 24-hand Peggy Dafoe, 50/50 winner Dave Salisbury.

Kaiser April 28: Men's 1st Doug Solinger, 2nd

Gerard Lafond. Ladies 1st Paulette Lafond, 2nd Sally Huchkowsky, 50/50 Pernell Hill.

Cribbage May 3:, 1st Doug Solinger, 2nd Cheryl Smith, 3rd Bruce Rogers, 1st 24-hand Doris Colley, 50/50 Bruce Rogers.

Cribbage May 10:, 1st Armand Smith, 2nd Peggy Jenner, 3rd Narcisse Caffet, 1st 24-hand Sally Salisbury, 50/50 Judy Lybeck.

Cribbage May 17: 1st Sally Salisbury, 2nd Mar-

ilyn Simonar, 3rd Doug Solinger, 1st 24-hand Doris Colley, 50/50 Eleanor Pallo.

Kaiser May 19:, Men's 1st Ed Kulpa, 2nd Paul Durette. Ladies 1st Helen Krelow, 2nd Cheryl Smith, 50/50 Armand

Smith.

Cribbage May 24:, 1st Bruce Rogers 2nd Paul Durette 3rd Geri Solinger, 1st 24-hand Rosanne Smith, 50/50 Paul Durette.

Our last Kaiser tournament for the summer will

be on June 16 We hope to keep Cribbage going every Friday through the summer months.

And for all those who like to play bingo, it will continue through the summer every Thursday at 2 p.m.

5 scams fooling even the smartest victims – how to protect yourself

(NC) Think you can't be tricked by the latest frauds and hacks? Companies continually work harder to protect your data from attacks, but fraudsters are also working harder to access it, which can leave your personal and financial information at risk.

"Even as technology advances to make our lives easier with things like thumbprint, voice and facial recognition, we cannot afford to let our guard down," advises Doretta Thompson, Chartered Professional Accountants of Canada (CPA Canada) financial literacy leader. "Each of us must continue to be personally diligent because the constant threat of fraud, both online and off."

Here are some scams to watch out for:

1. Home improvement scams. The costs for renovations can add up quickly, but that doesn't mean it's a good idea to cut corners and save in ways that compromise your money and safety. Be careful if a contractor asks you for cash in exchange for a discount and ensure that everyone who will work on your home is licensed to do that type of work. Also, be sure you have a contract spelling out exactly what type of work will be done, what finishes will be used and who is liable if something goes wrong.

2. Credit card fraud. According to a new survey conducted for CPA Canada, 70 per cent of us are more concerned about fraud today than we were five years ago. Still, even

though we're worried about it, many of us are still getting scammed – 19 per cent reported they were aware of having been the victim of credit card fraud. For example, when entering credit card information on a website, use a secure internet connection and look for the "s" in the website's "https", which stands for "secure".

3. Identity theft. Your Social Insurance Number (SIN) is your identity. Never give out your number to anyone except to an employer who has already hired you, government programs such as those for student loans, and the CRA for income tax purposes.

4. Romance scams. We can be at our most vulnerable when lonely, looking for love and companionship, and our decision-making abilities can be compromised. If using a dating site or meeting someone online, let them into your life slowly and be very wary if they ask you for money for any reason – even if it's just for a trip to see you.

5. Tax scams. More prevalent during tax season, the Canada Revenue Agency has been warning Canadians to be very wary of this common fraud that deceives too many people every year. Remember that the CRA will never ask for personal information via email or the phone, or engage in threatening or aggressive communications.

Find more information at <http://cpacanda.ca/financialliteracy>

Suspects sought following two incidents on Pelican Lake FN

Two separate incidents on the Pelican Lake First Nation kept officers from the Spiritwood RCMP detachment busy last week, according to bulletins sent out through the Saskatchewan Crime Watch Advisory Network.

On Thursday, May 23, officers from the detachment were dispatched following complaints about an impaired driver on the First Nation.

Upon attending the scene, officers located the suspect and suspect vehicle. While they were trying to perform an arrest, a second suspect assaulted one of them, and was subsequently arrested and

placed in a police vehicle.

Officers were then involved in a foot pursuit with the initial subject of the complaint, and successfully located and arrested him. However, upon returning to their vehicle, they discovered that the first arrested suspect had been let out.

Spiritwood RCMP has currently issued a warrant for arrest on 35-year-old Brent Sakebow.

The following day, Friday March 24, the Spiritwood RCMP detachment received a call at around 1:40 a.m. regarding the theft of a vehicle by three unknown suspects.

The suspects report-

edly had a firearm, and left in an unknown direction with the car, which is described as a grey, four-door 2000 Pontiac Bonneville, with Saskatchewan license plate 066 LHU.

The complainant was not injured by the suspects. Anyone who locates the vehicle is urged not to approach it.

Anyone with information regarding these two incidents is advised to contact the call 911, contact the RCMP at 306-310-RCMP (7267). Tips can also be submitted anonymously at saskcrimestoppers.com, or by calling 1-800-222-TIPS (8477).

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B.C. protests highlight importance of farm security

A recent incident in British Columbia has to have farmers more concerned about both the security of their farms and just how quickly things can get out of hand when it comes to the perception of the public.

It was in April when a busload of animal activists invaded a hog operation in B.C., in response to video footage claiming to show questionable conditions for the pigs within.

B.C. media reports indicate about 50 protestors from a group

called Meat the Victims entered the barn at Excelsior Hog Farms and occupied it for a short period before being removed by police. More than 100 others protested on a nearby road.

One person was subsequently charged with breaking and entering and mischief.

Stepping back from the incident itself, what it does show is the power of social media to illicit certain responses to perceived situation.

Typically, if one were to have questions about the health and security of



CALVIN DANIELS

livestock you might expect calls to the Society of the Prevention of Cruelty to Animals, the Canadian Food Inspection Agency, or the local police, not piling onto a bus to undertake a level

of civil disobedience.

That should be concerning to producers, because it could be something they face when they go to brand calves, apply herbicides, burn stubble or even plant GMO crops. A busload of people in the way could disrupt operations and lead to confrontation all too easily.

Such situations of course also get the press involved, leaving a perception that there is a significant backlash against whatever operation is being protested. But a busload of 50 peo-

ple in a region of tens-of-thousands may be little more than a vocal few getting some facetime in the media for what is a small group opposed to something.

At present we have a society that is perhaps too quickly ready to jump to appease the vocal few regardless of the thing they are asking for.

There are times when the minority needs to have their voices listened too, in situations where they are seeking fairness and equality.

But that is not always the case, as we have wit-

nessed by the removal of certain historic statues, that are there not because the person captured in bronze was perfect, but because they still had some significant role in our history.

Finding the balance of protests with merit and those that are simply noise, is an issue society must work to achieve.

In the meantime farmers need to be aware they may face a new challenge, dealing with protestors whose agenda is not going to be friendly to the industry of agriculture.

Getting outdoors really is good for you

People who live in regions where winters are cold often note the feeling of rejuvenation they enjoy on the first warm day of late-winter or spring. The chance to get outside and soak up some sun while breathing some warm air is a feeling unlike any other for those who spend much of their winters bundled up in layers of clothing.

The value of spending time outdoors extends well beyond dusting off winter cabin fever, providing long-term benefits that might surprise even the most ardent outdoor enthusiast. A 2018 report from researchers at the University of East Anglia found that living close to nature and spending time outside has wide-ranging health benefits, including a reduced risk for type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure. Authors of the report studied data from across the globe, gathering evidence from more than 140 studies involving more than 290 million people.

Researchers cannot pinpoint exactly why people who spend ample time in greenspaces enjoy better health. However, the benefits appear to be so wide-ranging as to suggest that people who currently do not spend much time in greenspaces should make a concerted effort to do so. The following are a handful of ways busy individuals can start spending more time outdoors.

- Dine al fresco. On nights when the weather is fair, take dinner into the great outdoors. People who live in private homes can dine on the patio or on the deck in the backyard, while apartment dwellers can make use of local parks for nighttime picnics or dine on balconies or rooftop recreational areas, which have become popular in crowded metropolitan areas. Rooftops and balconies may not pass the "Is it greenspace?" test, but dining in such areas can be more relaxing than an apartment dining nook.

- Get off the couch. Don't hesitate

to get outside when night falls. Spend time in the backyard or go for nightly walks around the neighborhood or in a nearby park. Say so long to television binging sessions, making healthier and more beneficial use of nightly free time by utilizing nearby greenspaces.

- Go hiking on weekends. Even city dwellers no doubt live within driving distance of local hiking areas. Hiking provides a host of cardiovascular benefits and can make for a great, full-body workout. Researchers associated with the UEA report suggested

that the practice of forest bathing, which is popular in Japan and promotes spending time sitting down or lying in nature, exposes people to a diverse array of bacteria present in natural areas that may benefit the immune system and reduce inflammation.

People who think that accessing nature is helping them to stay healthy aren't wrong. In fact, making time to include nature in your daily or weekly routine can have positive and wide-ranging effects on your overall health.



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Are Phillies regretting Harper's millions?

Philadelphia Phillies may be wishing the strikeout-prone Bryce Harper had a different kind of streak — a stubborn streak.

Had the ultra-hyped free agent outfielder been stubborn and refused to sign a contract calling for less than \$400 million, the Phillies today might be saving \$30 million this year on a guy batting .225 and striking out more often than anyone else in the National League.

Stubborn? You want stubborn? Relief pitcher Craig Kimbrel and 2015 Cy Young award winner Dallas Keuchel are being stubborn. They're not willing to sign one-year deals for their version of chump money and are working out on their own while waiting for their agents to finalize deals with desperate or optimistic teams. Kimbrel, 30, is a fireballing relief pitcher who helped the Red Sox win the World Series last year, but he had control

problems last season and his skill level is on the decline. MLB teams are reluctant to throw out huge money on a long-term deal on a relief pitcher, many of whom have been known to 'lose it' overnight. Keuchel, meanwhile, turned down a one-year \$17.6 million offer from his former team, the Astros, but is now finding that the grass is not always greener on another field.

Shortly after the June 19 amateur draft, however, both players will likely finalize deals with willing suitors. After that date, any team signing a free agent won't have to relinquish an amateur draft pick as compensation. And teams will be that much closer to knowing if they have a chance or not to challenge for the World Series.

For instance, the Tampa Bay Rays, the surprise team of the year, are leading the American League East, have a fairly low payroll and not a

stopper in sight. Hence, Kimbrel and the Rays could be a perfect fit. Keuchel, still an A-list starter, will have contending teams drooling over his down-the-stretch potential and he will probably earn more than the \$17.6 million he turned down from Houston.

Harper, meanwhile, is getting booed in Philly, even though his team leads the National League East. Through May 18, he was hitting .225 with 61 strikeouts in

45 games (tied for the major-league lead). He is playing good defence, however, and his on-base percentage is close to his career average, thanks to an extraordinary number of walks.

Perhaps Harper's struggles pertain to pressure related to trying to live up to expectations that go with a 13-year, \$330-million contract. Perhaps he'll settle down and return to form after the all-tar break. Who knows, he might even have Keuchel and Kimbrel as teammates by then.

• Comedy writer Jim Barach: "A report says Bryce Harper is getting desperate batting only .220. Although not as desperate as the executive who insisted they sign him to a \$330 million contract."

• Dwight Perry of the Seattle Times: "John Daly has been given a cart to play in the PGA Championship because of a bad knee. No, a golf cart, silly — not a beverage cart."

• Janice Hough of leftcoast-sportsbabe.com, on the Daly news: "Will the cart come with a designated driver?"

• From an editorial in the Charlotte Observer, via Patti Dawn Swansson in the River City Renegade: "Front-runners, if you haven't figured it out, is Canadian for bandwagon fans. Don Cherry is Canadian for 'get off my lawn.'"

• Janice Hough again: Russell Wilson, who just signed a four-year \$140 million with a \$65 million signing bonus, bought his mom a house for Mother's Day. Wilson didn't say where the house is but we know it's not in San Francisco. He'd have needed a bigger contract."

• Barach again: Tiger Woods took a shot at John Daly using a cart in the PGA Championship, saying he won a major on a broken leg. Even worse is the hydraulic lift needed to get Daly in and out of the cart."

• RJ Currie of sportsdeke.com: "Boston swept Carolina out of the NHL playoffs with a 4-0 Game 4 shutout. The Bruins defence was so numbing, they turned the Hurricanes into the Novocaines."

• Headline at Fark.com:

"Michigan's John Beilein has agreed to become the future ex-coach of the Cavs."

• Dwight Perry again: "TV cameras captured Sixers centre Joel Embiid sobbing inconsolably after his team's buzzer-beating Game 7 loss to the Raptors. Tears were streaming out of both eyes, in fact."

• Another one from RJ Currie, on the newly opened Mascot Hall of Fame: "Essentially it's a bunch of clowns in costume who aren't the New York Knicks."

• Steve Simmons of the Toronto Sun, on the downside of the Raptors playing the Bucks in the NBA Eastern Conference finals: "I'm going to have to learn how to spell Antetokounmpo on deadline."

Care to comment? Email brucepenton2003@yahoo.ca



BRUCE PENTON



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

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

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Highlights of a Spiritwood Library board meeting

The Spiritwood Library board met on May 22 at 6 p.m. Six members were present as well as the Librarian. Minutes were read by Joyce and Kay. Financial report was given. Kay gave a brief summary of the AGM she attended on behalf of the library.

The bookmarks are amazing. More can be ordered if needed. Literacy report was given. Alphabet Soup is being offered in Spiritwood on Thursdays at 10:00am in the multipurpose room at the Health Complex.

A summer reading performer, Mari-on Mutala, will be performing on July 31 at 1:30 p.m. She is an author and teller of Ukrainian stories. This will be held at the Rec Centre. Everyone is welcome to join us for this event.

Financial literacy, knitting club, cookbook club and the book club have been tabled till September.

Emily Burak will entertain at the library on June 19 at 1:30 p.m. She plays the harpsichord. Everyone is welcome to come and hear her play this instrument.

There was a discussion on creating a comfy space for reading at the library. It was decided to purchase two chairs. Appreciation to Dana for looking into this for us.

This year's Summer Reading Program is "Natural World". There will be a Hall of Fame with the children's pictures on it. Also prizes give out throughout the summer. More info will be handed out to the two elementary schools later in June.

A new book rack will be purchased.

Old ones will be removed.

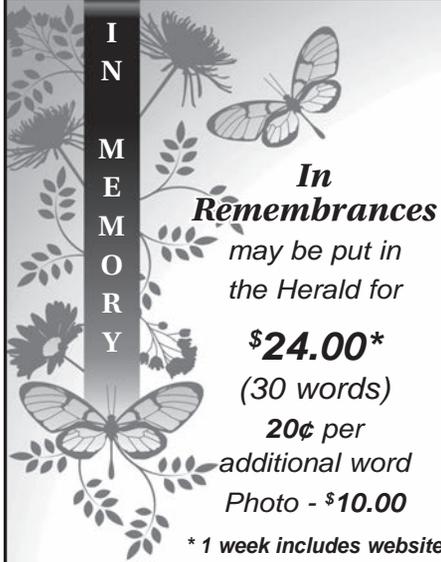
We had a visit from the Book Explosion Tour and Pop Up Playground program. Unfortunately the afternoon session was cancelled due to the water being shut off. There was good turnout for the morning session.

We will be having a book sale June 14 at the Farmer's Market.

Tickets are still available monthly for the Dessert of the Month.

Next library meeting will be Sept. 18 at 6 p.m.

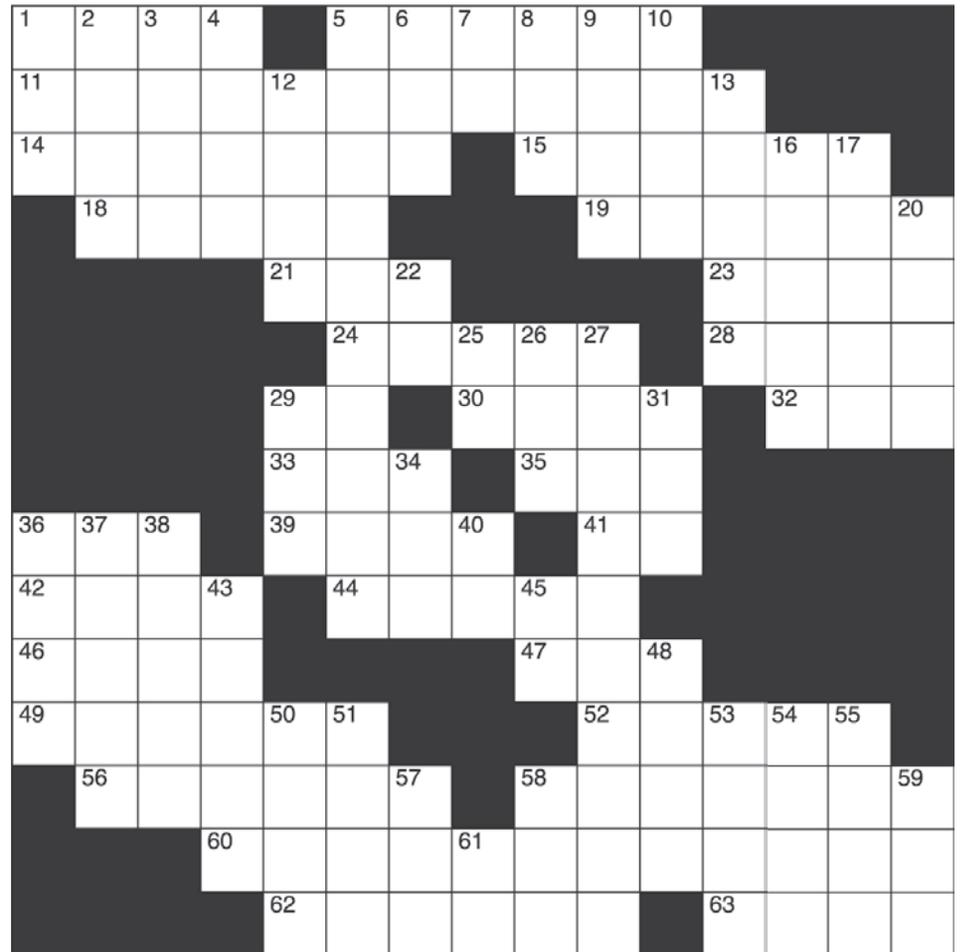
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CROSSWORD



CLUES ACROSS

1. Partially burn
5. Mind
11. Those who build again
14. Small chapel
15. Hot fluids
18. Makes beer
19. It can be done
21. Take to court
23. Line the roof of
24. Middle Eastern peoples
28. Longtime film critic
29. University of Dayton
30. Coat with plaster
32. Wife
33. Famed NY opera house

CLUES DOWN

11. Those who build again
14. Small chapel
15. Hot fluids
18. Makes beer
19. It can be done
21. Take to court
23. Line the roof of
24. Middle Eastern peoples
28. Longtime film critic
29. University of Dayton
30. Coat with plaster
32. Wife
33. Famed NY opera house
35. Health insurance
36. Inches per minute (abbr.)
39. Longtime London Europe Society chairman
41. Pa's partner
42. Lump of semiliquid substance
44. Grasslike plant
46. Large, wild ox
47. Make a mistake
49. A type of light
52. Books
56. Bothers
58. Two-colored
60. December 25
62. Save
63. Bangladeshi money
50. Quantum physics pioneer
51. Medieval England circuit court
53. To the highest degree
54. Spanish city
55. Saturate
57. Female sibling
58. British thermal unit
59. Scandinavian wool rug
61. Sports highlight show (abbr.)

Answers on page 10

CLUES DOWN

1. Research exec (abbr.)
2. Famed jazz musician Alpert
3. Sixth month of the Jewish calendar
4. Network of nerves
5. Those who convince
6. Slick
7. Hello (slang)
8. Cost per mile
9. A type of honcho
10. Consequently
12. Couples say them aloud
13. Sharp slap
16. On a line at right angles
17. More guileful
20. Chipotle founder
22. Trauma center
25. Commercial
26. "___ humbug!"
27. Relaxing period
29. Calls balls and strikes
31. Decorative scarf
34. Korean family name
36. Antagonizes
37. Buenos Aires capital La ___
38. Exhibit grief
40. Gadolinium
43. Half-tamed horse (slang)
45. American conglomerate
48. Cape near Lisbon

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A gardener's guide to transplanting vegetables

By Jackie Bantle

Each vegetable cultivar that is available usually has a suggested 'days to maturity' with its label. These recommended 'days to maturity' can be deceiving. Even though our growing season averages 120 frost free days, it is usually difficult to harvest any vegetable cultivar in an average Saskatchewan growing season that requires more than 75-80 days to maturity (according to the seed packet). Due to cool temperatures and/or lack of sunlight, some of our growing days in Saskatchewan are not ideal for vegetable growing. Unfortunately, those recommended 'days to maturity' are often based on growing conditions in warmer climates like California or the US mid-west; where the day and night temperatures are not only warmer but more consistent.

Because Saskatchewan has a relatively short growing season, certain vegetables need to be started indoors prior to the growing season and transplanted out once the danger of frost has passed in the spring.

Some vegetables grow well under cooler temperatures (ie cool season vegetables) but still need a long growing season to mature. For example; celery, leeks, Brussels sprouts and Spanish onions must all be trans-

planted in order to reach a harvestable size by the end of the growing season. Brassica vegetables such as broccoli, cauliflower, cabbage and kohlrabi benefit from transplanting. Small seedlings that emerge from direct seeded brassica plants outdoors can easily be destroyed by flea beetles early in spring. Because of their larger size, transplanted brassicas are better able to withstand this flea beetle onslaught.

Vegetables that prefer warm, sunny conditions (ie. warm season vegetables) that must be transplanted in order to mature during the Saskatchewan growing season include: tomatoes, peppers, eggplant, cantaloupe, watermelon, and okra.

Warm season crops that are most likely to mature if direct seeded in the garden but will benefit from starting indoors and transplanting out include cucumbers, pumpkins, sweet corn and winter squash. Although these vegetables benefit from being transplanted, they do not like to have their roots disturbed: it is very important to minimize handling the roots when transplanting. Seeding these vegetables into a Jiffy 7 peat pellet and planting that pellet directly into the soil will minimize root damage. Prior to seeding, the flat



Pumpkin transplant in Jiffy 7 peat pellet ready to transplant outdoors. Image credit: Jackie Bantle

discs are soaked in warm water. The flattened 5mm disc will suddenly expand into a 4cm cylinder surrounded by biodegradable netting which will allow roots to pass through as they grow. When transplanting out into the soil, the entire Jiffy 7 peat pellet must be covered with soil as pellets that are not covered will dry out quickly, drawing water away from the transplant. Additionally, these vegetables that do not like to have their roots disturbed should be planted out as young transplants: only exhibiting one or 2 true leaves. Larger

transplants tend to suffer transplant shock when placed outdoors. Transplant shock occurs when plants are stressed due to poor rooting causing plants to sit idle until they can be established.

Prior to planting out, transplants should be 'hardened off'. Start the hardening off process at least 4-5 days prior to transplanting out. Place transplants containers outdoors in a warm (not hot!), sheltered location for approximately 4 hours/day. For each day that passes, allow plants to be outdoors for a longer period. Af-

ter several days, reduce the water to the transplants; in order to prepare them for the outdoor environment. When all risk of frost has passed, plants can be planted directly in the garden soil as long as the temperature of the soil is at least 15°C at 10cm deep. Avoid extremely hot or windy days for transplanting. Ensure the root ball is completely covered with soil when planted in the garden and water transplants in with a 10-52-10 fertilizer mixed according to label directions. For extra protection, milk cartons with the bottom and tops removed or shelters made from small boards can be placed around each transplant until they are adapted to their new location.

Healthy transplants have a nice dark green color, strong stems and short internodes between leaves. Ensure newly planted plants receive adequate water and be prepared to cover plants if there is a threat of frost.

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.

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